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WEEKLY WORLD NEWS

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By Serena Sabak

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THIS IS HOW HANUSSEN HELPS HIS FRIENDS:

He's helped thousands of people win lotteries– *Want his phone number?*

MILAN, ITALY - A psycho slasher had left a trail of bloodshed and terror from one end of Italy to the other and police seemed powerless to corral the creep - till a world-famous psychic named Hanussen nailed the maniac in his tracks!

"This sicko had already killed seven defenseless women and we knew he'd keep on killing unless we stopped him - but we didn't have a clue to work with till Hanussen found him for us," recalled Detective Tino Meren. "He gave us a perfect description of the man and then told us where we could find him. I don't know how he did it, but there's no doubt in my mind that he saved some lives - possibly many lives. He was simply amazing." But the capture of the Monster of Milan was just one more amazing tale in the career of the astonishing Hanussen, who also accurately predicted:

- The catastrophic San Francisco earthquake that disrupted the World Series and killed 62 people in 1989.
- The spine-chilling terrorist attack at the 1972 Munich Olympics that left nine innocent Israeli athletes and one policeman dead.
- Mikhail Gorbachev's rise to power in the Soviet Union and the dramatic collapse of the Communist Party around the world.
- The terrifying explosion and fire aboard the Apollo 13 spacecraft that left three American astronauts on the brink of death in outer space. "Don't go up because it will end in disaster," the super psychic had warned NASA prior to the Apollo 13 liftoff in 1970. But after a blast in space damaged the life support system aboard the command module, leaving the astronauts' lives teetering in the balance, Hanussen phoned a frantic President Nixon and accurately predicted the crew would return safely to Earth. He still has a telegram from Nixon thanking him for his moral support.

But while occasionally hobnobbing with world leaders, the seer of the century has devoted his career to helping ordinary men and women find health, wealth and happiness.

He has used his mind-boggling powers to save innocent souls from death, he's helped the lonely find the love of their lives - and he's helped countless thousands of folks win fortunes in the lottery.

"You will receive a large winning in the next months," prophesied clairvoyant Hanussen to a policeman's widow. The woman began to play the lottery and won $136,700.00. She was ecstatic to be able to pay off her mortgage and build a larger children's room for her disabled child.

Many people meditate with Hanussen on a regular basis and report astonishing results: Frank Gomez from Fresno won while playing the California lottery. Emma Seegers from Charlotte hit the jackpot in Atlantic City, and Daniel Preus from Wheeling got a raise - "It hadn't happened in five years."

Do you have problems? Do you need money?

Then simply pick up the phone and listen to the spiritual messages of the world's greatest psychic, **HANUSSEN!** Let the power of his voice give you the strength to solve your problems and **BEGIN A NEW LIFE!** **Receive important spiritual guidance and advice** - meditate together with him - and yes, even take the opportunity to pour your heart out to him! Let his power and strength flow towards you!

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WEEKLY WORLD NEWS

NEW YEAR'S SPECIAL

IN THIS ISSUE!

76 pages of stories and features to make this your best year ever!

Nature's magical healing foods: Garlic, vinegar & honey 4

How to get off the credit card merry-go-round 6

Working mom's survival guide 7

Ten myths about age 8

Five instant ways to eliminate stress 21

Facts & myths about getting a back tan 21

Dear Dotti/Ask Serena 22

UFOs are attacking the Earth 24

Chromium pill will add 25 years to your life 26

Square eyes are hot new look for 1995 27

Billy Graham reveals what Heaven is really like 28

Space aliens inside are blind and psychic 40

How to tell if you've been abducted by a space alien 41

Easy ways to build up self-confidence 42

Many more hearts 42

Serena Sobek's lucky numbers for 1995 44

Double your diet power 46

Just for wives: How to help your hubby become rich 47

Redneck diet 48

How to hang on to your guy 49

The amazing onion diet 50

Home remedies and helpful tips for 1995 52

The Devil is real 55

Hubble telescope discovers new planet 56

Look years younger with magic mud 58

The amazing power of prayer 59

Armless boy writes with his feet 59

How to get in touch with your guardian angel 60

Are you normal or a nut? 62

BIGFOOT: The world's biggest crossword 64

Nostradamus' secret predictions for 1995 66

Are you still in love? Take the kiss 'n' tell test 67

How to tell if your child is gifted 69

$100 beauty treatment — FOR FREE 70

How the Lord's Prayer can work miracles for you 73

Find out if you're in the right job 74

How to keep your New Year's resolutions 10

The amazing girl who doesn't age 11

World's Hottest Gossip: The year Hollywood's superstars crashed and burned 12

Woman hasn't slept a wink in 37 years 14

Your spring horoscope 16

Common scents cures for what ails you 19

Your eating habits reveal your hidden personality 20

Seven ways to conquer any crisis and be happy 29

How to feel like a million bucks in 5 easy steps 30

Lose 10 pounds fast on the fantastic fantasy diet 32

Gambling is good for you 35

The amazing healing power of coconut milk 36

How you can wake up looking like a million bucks 37

New Year's traditions around the world 71

Folk remedies that really work 72

Improve your life by NOT using these 5 words 72

Lunch hour beauty tips 73

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Page 16: Your spring horoscope

Page 60: How to contact your guardian angel

7 uplifting messages of hope from Billy Graham & Robert Schuller

Page 4: Garlic, vinegar & honey — nature's amazing miracle healing combo

NATURE'S MAGICAL

Garlic, vinegar

You can free yourself of pain and ill health in the coming year — by using a miracle combination of garlic, vinegar and honey that can wipe out nearly every ailment known to man!

The incredible natural remedy banishes cancer, arthritis and heart disease. It cures asthma, infertility, influenza, high blood pressure and much, much more. It's so powerful, research shows, that with regular use it can virtually guarantee good health.

"Years of scientific investigation by experts around the world have proven beyond a doubt that garlic, vinegar and honey are nature's magic potion," said Dr. Emilio Stefani, a Rome nutritionist who recently wrote a book on the subject. "The three powerful ingredients are available everywhere and they cost only pennies a day. Considering all that these natural substances can do for human health, it's amazing they are not more widely used."

Garlic, vinegar and honey have literally thousands of health and medical uses, according to Dr. Steffani and other scientists. With the approval of your doctor, you can use the healing combination to cure the common afflictions described here along with many others:

ARTHRITIS

A simple poultice made of garlic, vinegar and honey can banish the aches and pains of arthritis and rheumatism.

Simply chop the peeled cloves from two large heads of garlic and let them stand for five minutes in a cup of warm vinegar. Soak a thick sock in warm water, then wring it out. Fill the toe of the sock with the garlic mush mixed with a little vinegar and one teaspoon of honey. Gently rub the poultice over aching areas for several minutes each morning.

Knock out pain from the inside by drinking a potion made of one teaspoon of vinegar, one teaspoon of honey, a quarter teaspoon of garlic juice and a half cup of warm water. Simply drink the mixture each evening before bed to soothe pain in joints and muscles.

CHOLESTEROL

Cholesterol levels plunge when you eat garlic, research shows. One study reported in the English medical journal *The Lancet* revealed that cholesterol levels dropped on average from 237.4 to 221.4 in a mere three hours in folks who were given 80 grams of garlic along with four ounces of butter — proving that the dangerous effects of fatty foods can be controlled by adding garlic to your diet.

When the garlic is mixed with vinegar and honey, its effects are even more pronounced. To lower your cholesterol levels, eat a daily serving of chopped garlic with vinegar and honey dressing, or stir up a tea of hot vinegar flavored with ½ teaspoon of garlic juice and three teaspoons of honey and sip it each morning before breakfast.

HIGH BLOOD PRESSURE

Soaring blood pressure can be lowered successfully by regular consumption of a broth made with two cups of water, 12 garlic bulbs, two tablespoons of vinegar and two tablespoons of honey.

Simmer the mixture for a half hour, cool it and take it two tablespoons at a time, three times a day. The remedy has been used in India for centuries to lower high blood pressure and its accompanying symptoms of chest pains and dizziness.

Cure everything from ingredients available

BURNS

"Pickle" two dozen cloves of garlic in 1½ cups of vinegar for three days.

To treat burns, stew three of the garlic cloves gently with ½ teaspoon of honey in a quarter cup of the pickling liquid until the garlic softens and falls apart.

Cool and blend the liquid in a blender. Simply pat this mixture gently on the burned area three

CANCER

Researchers have known for years that the phytochemical compounds in garlic inhibit cancer growth.

Eating garlic can reduce your risk of stomach cancer, according to researchers at the National Cancer Institute, and a study at the University of Texas M.D. Anderson Hospital found that garlic helps prevent colon cancer as well.

To maximize the cancer-fighting power of garlic, eat the raw vegetable every day

ASTHMA

Mince two cloves of garlic, combine with a spoonful of apple cider vinegar and a few drops of honey.

Take each morning on an

COLD SORES

Cure cold sores by rubbing slices of raw garlic on the sores, then dabbing the area with a solution consisting of

HEALING FOODS & honey!

Dr. Lisa [illegible]
Special correspondent

INFERTILITY & IMPOTENCE

Garlic has long been considered to have the power to stimulate sexual and reproductive performances.

Ancient Greeks took honey and garlic syrups when they wanted to bear healthy children or stimulate sex hormone secretions. The Chinese have long used garlic as an arousal agent and Japanese rub garlic, vinegar and honey on their private parts to boost sexual potency.

To increase your sexual powers, sip a daily tea made of one cup vinegar boiled for five minutes with seven to 10 cloves of whole, unpeeled garlic. Add a teaspoon of honey for energy and stamina.

HEART DISEASE

Boil garlic cloves in apple cider vinegar and sweeten with honey for a tea guaranteed to ward off heart disease.

Taken daily, the pleasant-tasting beverage helps the body rid itself of fatty deposits in the arteries and strengthens the heart muscle.

COLDS

An old Russian remedy for the common cold is to wedge a clove of garlic in your jaw between your teeth and your cheek like a wad of tobacco.

Do not chew it. Colds have been known to vanish within hours using this technique. Follow this up by rinsing your mouth and gargling with a mixture of apple cider vinegar and honey to quarter cup of each — particularly if you have a sore throat.

WEIGHT LOSS

Use a strong tea made of garlic, vinegar and honey as an appetite suppressant to help you melt off excess pounds effortlessly. Drink it hot right before meals.

The brew will also keep you healthy while you're losing weight by boosting your immune system.

HEMORRHOIDS

The itch and discomfort of hemorrhoids will disappear immediately if a poultice made of four cloves of boiled, crushed garlic mixed with one teaspoon of honey and ½ teaspoon of white vinegar is applied to the affected area.

GAS and INDIGESTION

Eating raw garlic or taking odorless garlic pills can relieve most gastrointestinal upsets — including gas, according to a Purdue University study.

A warm vinegar and honey brew will help settle your stomach and ease any aches and cramps.

arthritis to colds with these miracle in supermarkets everywhere!

DIABETES

A diet with plenty of garlic, beans or peas and rice has been shown to thin the blood, improve circulation and ward off diabetes, according to nutritionist Dr. Charles Klein.

A green salad with vinegar and honey dressing will maximize the benefits.

TOOTHACHE

Soak cloves of garlic overnight in a vinegar-honey mixture.

Use one clove at a time to cure an aching tooth by placing the garlic directly on the affected area and leaving it there for

INFLUENZA

Russian studies prove that a substance in garlic called allicin is a natural wonder drug for destroying the flu virus.

To beat the flu, eat a salad full of raw garlic and dress it

PIMPLES

Mix the juice of raw garlic cloves with an equal amount of apple cider vinegar and a few drops of honey.

Dab on your spots nightly. The combination should

MEDICAL WARNING

Consult your doctor before treating any illness or changing your diet in any way. Minor symptoms might signal the onset of a serious, life-threatening condition. Your

HOW TO GET OFF THE CREDIT CARD MERRY-GO-ROUND!

"The credit card can buy almost anything, including added stress on your health and marriage. And if you're one of the unfortunate millions who uses it carelessly, it can buy disaster."

That's the sobering observation of a psychiatrist/family counselor, Dr. Alfred Messer, who says credit cards can wreak havoc when people don't [illegible] them properly.

Dr. Messer and other family counselors warn that the cards encourage impulse buying and instant gratification of desires — both of which lead to family conflicts because they create stress and feelings of guilt.

"People who use credit cards don't feel they are using real money. Credit card purchases cause people to lose their grip on reality because the cards foster the illusion that people can have anything they want immediately.

"They give the illusion of wealth," said Dr. Messer, author of *America on an Impulse Orgy*.

"But this is stressful because the day of financial reckoning always comes."

Overspending can result in family arguments, serious debt problems and strain on marriages, said Dr. David Caplovitz, author of *Consumers in Trouble: A Study of Debtors in Default*. The accompanying stress also can cause health problems, added Dr. Caplovitz.

The easy availability of credit cards is one of the factors which leads to overspending, noted consumer credit expert Mary Quinn.

She said one low-income family in her counseling program had a staggering 134 credit cards. One expert says 170 million Americans carry 500 million credit cards — an average of seven per person!

Dr. Messer gave these tips:

1. "Ask yourself if you're often [illegible] to buy status or love by spending. If the answer is yes, try not to even carry credit cards."

2. "Don't go shopping when you're hungry or angry. Anger and the desire for food make you buy things that later you'd wish you hadn't."

3. "Set aside time once a week to talk about money in your family. This helps you open up your feelings about spending, helps you keep track of what the family actually is spending, and teaches the kids that things which are charged must be paid for."

4. "Ignore all those ads which try to convince you that credit cards will buy you status, love or happiness. They won't."

Mary Quinn added these tips:

1. "Don't charge day-to-day living expenses, such as groceries."

2. "Don't fall into the habit of only paying the minimum amount on your credit card every month.

"Try to pay for everything you buy by the end of the month.

"If you pay only the minimum, you're paying high interest on top of the purchases."

3. "Watch out for fly now, pay later vacations."

Finally, she said, you should ask yourself if you really need all the cards you've offered — and if the answer is no, get rid of some of them.

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NEWS

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[illegible]

Jailbird wants name changed!

RACINE, Wis. — A judge has agreed to consider prison inmate Adrian Williams' request to have his name changed. The convict, who is serving a 30-year sentence for robbery, says he plans to become superrich some day and wants to be called Romanoff Sir Tasty Maxfellton.

Mama mia . . .

ITALIAN FOOD SLASHES HEART ATTACK RISK, SAYS NEW STUDY

A TRADITIONAL Italian meal is a heart-healthy diet.

By PAOLO GIOVANNI / Correspondent

Italian food is good for you — it can cut your risk of developing heart disease or suffering a heart attack, says a leading expert.

"The traditional Italian diet is a heart-healthy diet," declared cardiologist William Castelli.

"It is low in foods that are high in saturated fat and cholesterol, and it's high in complex carbohydrates, lean meats, fish and vegetables."

The Italian diet is good for you because:

● Olive oil — which is low in saturated fats and has no cholesterol — is used in cooking instead of butter, which is high in saturated fats and cholesterol.

● A main component of the diet is pasta, a partly whole grain product that's cholesterol free and contains the fiber necessary to remove cholesterol from the body.

● The meats used are usually lean meats, such as chicken or veal, which are lower in cholesterol or saturated fats than the beef and pork that are staples in the American diet.

● Sauces rely mostly on vegetables, rather than on meat.

● Italian cooks make generous use of fish and shellfish — which contain oils that are very good for the heart. A study found that eating two fish meals a week can cut your risk of fatal heart disease in half.

● The cheeses used are often those that are naturally low in cholesterol, such as ricotta and mozzarella. "The name of the game to prevent heart disease is lowering cholesterol and saturated animal fats from the diet and from the blood," said Dr. Castelli. "By adopting an Italian cuisine, you'll be cutting your cholesterol intake considerably.

"Italian cooking can save your heart!"

How to juggle job & family — without losing your mind

Working mom's SURVIVAL GUIDE

Good news for working moms. It is possible to balance your career, home and family and still keep your sanity with some tips from the experts.

In the *Working Mother's Survival Kit* (Quail Press, $9.95), author Mary Ann Foley tells working moms how to make their lives easier and happier by getting the most out of their jobs and families:

● Ask, "Does it need to be done?" If not, forget it.

Your time is valuable — don't waste it on unnecessary tasks.

● Be specific. Don't just say, "Help clean the house."

Say instead, "Please dust all the table tops. A thorough job is necessary."

● Accept the fact that the house does not have to be perfect at all times. Relax, a little clutter is okay.

● Select your entire week's wardrobe the weekend before. Make sure a complete outfit for each day is ready to put on. Hang them all together in one place in your closet so you can easily find

helping around the house.

● Spend time alone with your husband. Get out of the house without the kids.

● If you can afford it, hire a cleaning person to help out with the housework.

● Avoid ironing by buying permanent press.

● Plan your workday the day before. Make your "To Do" list for tomorrow at the end of today.

● Understand your own daily rhythms. Are you a day person or an evening person? Plan your most

● Plan a week's worth of menus at a time. Keep it simple.

● Post your grocery shopping list where everyone can write down what is needed when it is first noticed.

● Have a backup person to help out in case of emergencies like a sick child, car trouble or working late at the office. Have two or three good people you can count on and repay them immediately.

● Make time for yourself. Enjoy an old hobby or start a new one,

TEN MYTHS

Someone once said, "When a marriage goes on the rocks, the first place to check is the mattress." To let you know where I stand from the outset, my only comment on that is, "ridiculous," says Marlene Shelton Lallas, author of *How Not To Ruin a Perfectly Good Marriage!*

Sex reflects the ups and downs, the highs and lows, of a couple's relationship. It does not cause them. Sexual desire and response are outgrowths of both feelings of closeness and safety, intimacy and security.

With the New Year upon us, I encourage each couple to discover their own techniques for expressing their love for each other in a physical way. And that requires, more than a liberated body, an open mind — one clean of all the myths and illusions we've inherited with respect to sex. I'm going to dispense with the physical myths.

Let's focus on the psychological myths that keep us from the human, versus mechanical, experience of sex — myths that hamper growth and expression in this most intense of human

How to tell if your man is REALLY happy!

You can tell if your man is really happy by learning how to read his inner feelings, say two experts.

"Men don't reveal their true feelings as easily as women do, so be alert to subtle clues that can indicate dissatisfaction with his job, your relationship or life in general," said behavioral expert Dr. Michael McGill.

"Look for the slightest changes in his behavior. Is he eating or sleeping less? Does he want more sex or less?"

If he seems to be changing, gently ask him how things are going.

Don't measure his emotions by your own.

Men are far less emotional than women are.

"If you expect him to show his happiness in the same way you do, you'll be disappointed," said Dr. McGill.

Teach your man to open up about his feelings.

Sometimes you can do that own feelings, said clinical psychologist David Turkat. Don't confuse job dedication with workaholism.

It may appear a man puts his job ahead of his family, but that may not be the case.

It's simply easier for many men to measure professional success than success with their family.

"For example, a man knows he's a top-notch salesman by the bottom line figures that prove it," said Dr. McGill.

"But he may not truly know that he's a super husband and great father unless you tell him. So don't automatically assume your career-oriented husband is unhappy," Dr. McGill

Your wife's signature reveals her personality

The different ways a married woman chooses to sign her name — for example, "Mrs. John Smith" or plain "Susan Smith" — reveals a lot about her personality, says a top psychiatrist.

"The style they choose tells a lot about how they feel about themselves, their marriage, their values and their general outlook in 1985," says Dr. Sheldon Zigelbaum.

He described some of the styles and explained what they reveal:

Mrs. John Smith.

This is the traditional married woman who is content to let her husband represent her to public while she assumes a more retiring role. She's self-sacrificing and happy to put family interests above her own.

Mrs. Susan Smith.

This reveals a woman who's happy to be married, but still wants to be an individual.

Mrs. Susan White-Smith.

This lady wants people to know that even though she's married, she's not hesitant about being in the spotlight.

Mrs. J. Smith or Mrs. S. Smith.

Here is a lady who wants to appear more independent than she actually feels. Since she's not quite sure of herself, she uses an anonymous initial in order to keep people guessing.

Mrs. Susan White-Smith.

but she wants to be free to do her own thing.

Mrs. J.P. Smith.

The woman who signs with her husband's initials takes great pride in his social standing.

Ms. Susan Smith.

This signature reveals a rebel at heart.

She doesn't want anyone to know that she's married and does not like being accountable to anyone.

Susan White-Smith.

This lady does not say whether she's married or single because she wants to be known on a first-name basis.

Some women sign their name in different ways, depending on the situation.

They may use "Mrs. John Smith" for legal documents, "Mrs. Susan Smith" for a letter ordering merchandise and "Susan Smith" for notes to friends.

"Such a woman reveals herself to be totally comfortable in today's complex society," said Dr. Zigel-

ABOUT SEX

encounters. Here are just a few.

1 SEX IS SERIOUS BUSINESS.

Sometimes, but only sometimes. Other times it's playful. Occasionally it's downright silly.

It may mean making love behind a secluded sand dune after a moonlit swim or it may be a discreet luncheon rendezvous for a make-believe affair with your mate.

2 SEX BELONGS UNDER THE COVERS, IN THE DARK.

Sex is a 24-hour-a-day thing. It's continuous. It can't be separated out and tucked under the covers for 30 minutes twice a week.

Sex is the loving expression of our attraction to another person.

Sex is a physical sharing with that person on many levels, from just walking together and holding hands to intense passion.

3 NOT EVERYTHING IS NORMAL, YOU KNOW!

Maybe not. But almost anything that gives pleasure to both partners without harm is quite normal — and healthy.

The bedroom is the place to throw out all the "shoulds" and "shouldn'ts," the "nice" and "not nice" rules we inherited — and make up our own rules.

4 BODIES GET BORING.

In other words, we can get too familiar with each other as sexual partners. Impossible — quite the opposite seems to hold true.

As we get used to each other, we come to know one another's needs better.

We learn the secrets of pleasing each other.

In fact, sex actually begins to improve during people's mid-30s, if we are receptive to change.

5 MEN ARE READY FOR SEX ANYTIME WHILE WOMEN NEED TO BE IN THE MOOD.

This particular myth, a direct offshoot of the "man as machine" theory, does a great disservice to men.

A man's need and desire for sex is as much related to his feelings, to the situation and to his emotions as is a woman's.

Sex for men as well as for women is rooted above, not below, the belt.

That's what makes it human.

6 NO ONE WANTS TO BE A SEX OBJECT!

Says who! Of course, women want to be seen and understood and appreciated as individuals.

But they also want — and need — to have their sexuality affirmed. They are sexual beings.

Men, too (down with another myth!), need to have their sexuality affirmed so much as the fairer sex!

7 AN EGO IS A VERY FRAGILE THING, ESPECIALLY WHERE SEX IS CONCERNED!

This persistent myth binds both the man and woman in silence and ignorance — and ultimately in boredom.

In fact, a woman who expects her partner to understand her sexual needs intuitively, who is afraid to express her desires, never gets what she wants.

Actually, egos are pretty sturdy things.

And open, frank discussions of sexual needs enhance both security and trust and — ultimately, freedom to move toward greater pleasure!

8 LACK OF ORGASMS CAN BE HAZARDOUS TO YOUR HEALTH.

After many years of beating down the myth that women are not supposed to enjoy sex, a brand-new myth has arisen to take its place: The myth of orgasm.

Today, many couples feel that if a woman does not experience multiple orgasms, or at least one, the couple has failed miserably.

The truth is that many times a woman (and sometimes a man) enjoys the simple pleasure of being physically close.

9 AFTER AGE 55 THE THRILL IS GONE.

People over 55 find this myth about sex particularly amusing!

Certainly there are some physical changes as we grow older.

But these changes need not hamper our enjoyment of sex, for the experience itself is no different.

As with any other delicate apparatus, sexual equipment requires continued use to remain in good working order, especially for men. And the more sexually active we continue to be, the less physical change there is.

So regular sex is important for sex to continue.

And continue it can — into our 80s and 90s!

10 THE MAN KNOWS EVERYTHING THERE IS TO KNOW.

The myth of the "experienced groom and virgin bride" should have died totally during the sexual revolution, but it didn't.

A lot of people still think a "real" man should know all about sex before marriage and serve as chief mentor for the woman.

These roles give us a sense that someone, at least, knows what to do.

But sexual expression requires learning and, yes, practice.

If both partners see learning about sex — and each other — as an adventure, then the sky is the limit.

WET 'N' WILD!

Sexy Bethany Anne Glantz is one of the hottest young stars in movies and TV — and it's not just because she has a gorgeous body and sparkling smile. The 5-foot-6½, beauty impresses Hollywood bigwigs with her singing and aerobic skills — and can even speak fluent German.

HOW TO KEEP YOUR NEW YEAR'S RESOLUTIONS

by Rev. Robert Schuller

Every New Year's, millions of people make resolutions to lose weight, go back to school, be more patient, save money for a new car.

But by Valentine's Day, 99 percent of those resolutions are broken — and people are left feeling like failures.

Years ago I penned a message to motivate myself when I get discouraged. By following this simple advice you can keep your New Year's resolutions.

Just remember the letters in the word "STRIVE."

☞**START SMALL.** I did. Two members and $500. We started a church. We started small in television — one station 24 years ago. Today we're on nearly 200 stations. So don't try to lose 20 pounds all at once. Start small — lose one pound a week.

☞**THINK TALL.** I did. We dreamed of moving from one TV station to three.

Three years later, we expanded to six. Our secret dream was to cover the entire U.S.A. I knew how to succeed, but I don't know how to do it in a hurry.

If you're driving an old used car, dream of moving up to a brand-new compact — then graduate to a plush luxury sedan.

☞**REACH OVER THE WALL.** When obstacles block you, look beyond them. Think longer. Think bigger. Think of solutions — you'll find one.

If you're on a diet, but your office cafeteria serves only fattening food, bring your own lunch. If you need to earn extra money, take stock of your talents and hobbies — maybe you can turn one into a part-time job.

☞**INVEST YOUR ALL.** Really! Most people fail not because of problems, obstacles or competition. They fail because they don't give their dream all they've got.

If you want to go back to school, don't hold back. Do the reading. Study. Complete all the assignments.

Or, if you're trying to save for a new car, stop going out to dinner — or eat at McDonald's instead of a fancy restaurant.

☞**VISUALIZE.** See yourself behind the wheel of a fancy new car. Imagine ultimate success. Hold mental pictures of a thinner you in a new bathing suit.

☞**EXPECT TO STALL.** May be you'll stumble, maybe get stuck. Expect this and you'll be able to wait it out and work it out.

You may slip on your diet and eat a cookie or a piece of pie.

Mistakes happen. Just start over again.

An unexpected expense may drain some of your savings for a new car. Just go right back to banking what you can every week.

Know that adversity is part of success. Relax. It won't last forever. Tough times don't last, tough people do.

Keep this simple advice in mind and 1990 can be the year that all your resolutions come true.

FIRE FIGHTERS RESCUE PET SPIDER FROM BURNING BUILDING!

LYONS, France — Kindhearted firemen Paul Ordonez risked his life by racing into a burning house — to save a little boy's pet tarantula!

"What could I do? The kid was crying his eyes out because he didn't want his spider to die," the fire fighter told reporters. Although the critter was overcome by smoke, Ordonez and a fellow fireman managed to revive it with compressed air.

Scientists baffled by the girl who doesn't age!

By MARK STEIN
Correspondent

This child is 24 years old!

Tina Jenkins toddles, talks and plays like an ordinary baby but she was born in 1970 — and is really 24 years old!

And while doctors have never been able to explain why the Atlanta woman ages just one year for every 24 she's on Earth, they confirm that she is healthy and happy — and say she might very well live to be 1,500 years old.

"Everyone thinks Tina is an 11- or 12-month-old baby but nothing could be further from the truth," said Candice Jenkins, the child's 48-year-old mother. "I had her in 1970. She turned 24 last Jan. 17. If her mind and body had aged normally, she'd be in college or graduate school today. It's hard to believe and even harder to explain. You might say that my little Tina is the oldest baby in the world."

Mrs. Jenkins and her husband Carl said Tina appeared to be normal in every way when she was born less than a year after America's historic moon shot in 1969. But as time went on they couldn't deny the fact that she wasn't growing up at all.

"We discussed her situation with our pediatrician and he was as puzzled as we were," said Jenkins, 52. "Over the next few months he conducted every test known to man, but when all was said and done, he hadn't learned a thing. He finally told us that Tina was a 'slow developer.' He assured us that she would catch up with other kids her age by the time she started school. In fact, at the age of 4, she was like a 4-month-old baby. It was all she could do to hold up her head."

WONDER CHILD Tina could live to be 1,500 years old, say experts on aging.

And that's not all. According to Mrs. Jenkins, the little girl didn't start crawling until she was 12 years old. At the age of 24 she's still in diapers. And at nothing changes she won't start talking until she's 48 years old.

"Tina isn't retarded or handicapped," said Mrs. Jenkins. "The fact is she's very bright. When you compare her with 12-month-old babies she's right where she's supposed to be on the developmental scale. That's not to say she's an ordinary child because she isn't. The way I figure it she won't be potty trained until she's in her 40s. By then, Carl and I will probably be dead."

Because Tina is aging so slowly, the Jenkins plan to get a guardian to watch over her when they're too old to do the job themselves. What ultimately will become of her is unknown. At this rate, she won't have the maturity of an 18-year-old until the year 2412, when she's 432!

"We've seen dozens of specialists and they say Tina's healthy as a horse," said Mrs. Jenkins.

She was born in 1970!

ONE IN A BILLION age disorder keeps little Tina Jenkins from growing into an adult. Her parents, Carl and Candice, say they're still amazed by their adorable child.

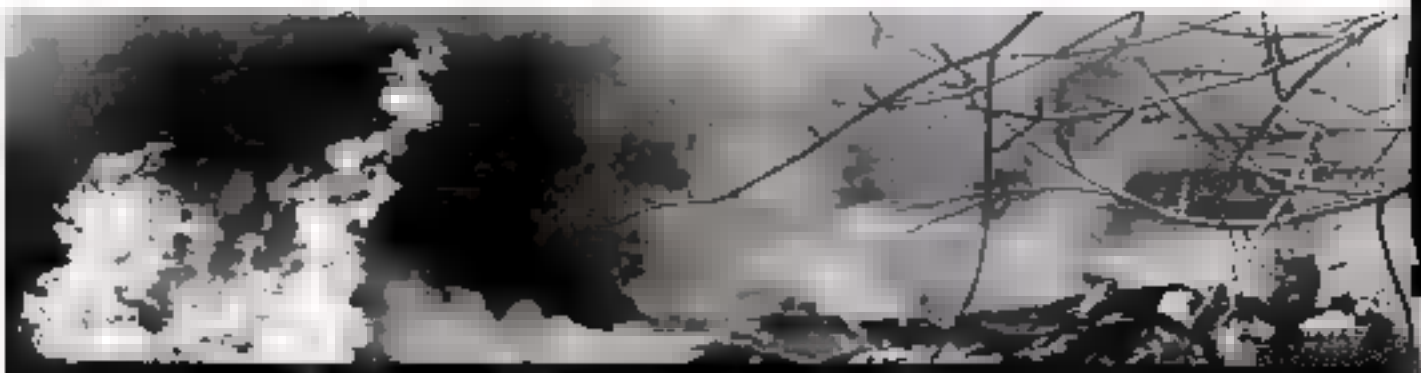
PLANE TRUTH: Pelicans can't fly to save their lives!

Wind shear isn't only a pain for planes — it's deadly for pelicans, too, say experts.

the structure causes a downdraft, according to a government study.

"Pelicans are poor fliers to begin

WORLD'S HOTTEST GOSSIP



1994: THE YEAR HOLLYWOOD'S SUPERSTARS CRASHED AND BURNED!

AUTHOR Maurice McGee.

Whoosh! There they went! The falling superstars of 1994 — **O.J. Simpson, Michael Jackson, Woody Allen, Burt Reynolds, Snoop Doggy Dogg, Kurt Cobain, Kevin Costner** and **Mickey Rourke** — victims of their own arrogance and anger, says a top historian.

"O.J. Simpson is the celebrity supernova of the century, exploding the American dream into the American nightmare," says **Maurice McGee**, author of the work-in-progress *Land of the Freak, Home of the Knave, A Social History of 20th Century America*.

JOHN HANNON'S HOLLYWOOD

"Whatever the outcome of his trial, O.J. will be known in the future as a murderer," says McGee, "because the public will never believe he was innocent. The circumstantial evidence and the absence of any other suspects will convince people that O.J. is truly a monster. The Juice has destroyed the up-from-poverty, football-hero, movie-star, happy-ending myth."

MANGLED with the Boy Scouts, Michael Jackson.

WILL The Juice be called Ogre J. Simpson before the trial of the century is over?

And as for bizarre superstar Michael Jackson, McGee believes he will never recover from the cr[illegible]

Win 2 Weekly World News T-shirts!

CELEBRITY PHOTO QUIZ!

Can you identify this famous celebrity? If so, jot down his name in the space provided below. Be sure to include your own name and address and don't forget: The FIRST correct entry wins not one but TWO Weekly World News T-shirts. Decisions of judges are final.

HINT: This near-sighted nerd grew up to be the coolest rebel in the biz in a car wreck. Mail entries to: CELEBRITY QUIZ, Weekly World News, 600 S. East Coast Ave., Lantana, Fla. 33464. Look for the answer here next week. Last week's pic: Michael J. Fox. Our last winner: Lori Witt of Springhill, Fla.

CELEBRITY'S NAME: _____

YOUR NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

teen-abuse allegations of this past year.

"Marrying Lisa Marie Presley and posing with a bunch of Boy Scout models is not going to help Michael's image," says McGee.

NEUROTIC New Yorker: Woody Allen.

● Another superstar stunned by child sex-abuse charges in 1994 was Woody Allen, who was accused by Mia Farrow of molesting one stepdaughter and sleeping with another, the now-famous Soon-Yi.

"Woody the New York neurotic will keep on making movies," says McGee, "but he'll always be remembered for his lame excuse for falling in love with a teenage family member.

"The heart wants what it wants," Allen explained."

BANKRUPT Burt Reynolds.

● Hurty Burt Reynold's life went into a tailspin in '94.

He canceled his marriage to Loni Anderson and CBS canceled his TV show Evening Shade. "Reynold claims his divorce is bankrupting him," says McGee. "But instead of behaving himself on a book tour plugging his auto-bio, My Life, Burt goes ballistic and cancels the rest of the publicity junket. Not smart. This guy is one very angry man."

MURDER WAS THE CASE: Rapper Snoop Doggy Dogg.

● Rapper Snoop Doggy Dogg has a January date in court which could seriously interfere with his career. "Snoop and two co-defendants were ordered to stand trial in the shooting death of a man in an L.A. park in 1993," says McGee. "Prosecutors say the two hunted the victim. Snoop was driving the Jeep from which his bodyguard allegedly fired fatal shots at a 20-year-old man. The rapper's lawyer says it was self-defense."

Snoop, [illegible] been jailed three times for dealing drugs, says "I leave the legal side of my life in the courts." McGee says Snoop may be leaving much more than his legal life in the court this time.

● Grunge rocker Kurt Cobain killed himself with a shotgun blast to the head last April, according to the Seattle Police Department.

"Now he's gone and joined that [illegible] club," said his mate Wendy O'Connor. "The [illegible] club that Kurt's [illegible] referring to is the pantheon of rockers who died in their prime," says McGee. "Janis Joplin, Jim Morrison and Jimi Hendrix, whose grave is just 15 miles south of Cobain's [illegible] Incredibly, they all died at 27."

DEAD AT [illegible] Kurt Cobain.

● Hollywood heartthrob Kevin Costner has seen better years than 1994. His big budget Western, Wyatt Earp, flopped with [illegible] at the box office.

ARROGANT FOOL: Kevin Costner.

His new sci-fi adventure, Water World, is sinking under the weight of sky high salaries and perks for its pampered star Kevin Costner has cost almost $140 million making it the costliest movie ever.

To top all the year, Costner and his wife Cindy are getting divorced.

They have three young children.

"After hitting the jackpot a few years ago with Dances With Wolves Costner thought he could do whatever he wanted," says McGee.

"But his arrogance is doing him in.

"That and the positively worst haircuts in the history of movies."

● When Mickey Rourke's screen career took a nosedive he began making a fool of himself in the boxing ring.

Now the Mick is due to stand trial in Hollywood's municipal court on charges that he assaulted his estranged wife Carre Otis last July.

"The allegations are that Rourke slapped his wife pushed her down and kicked her.

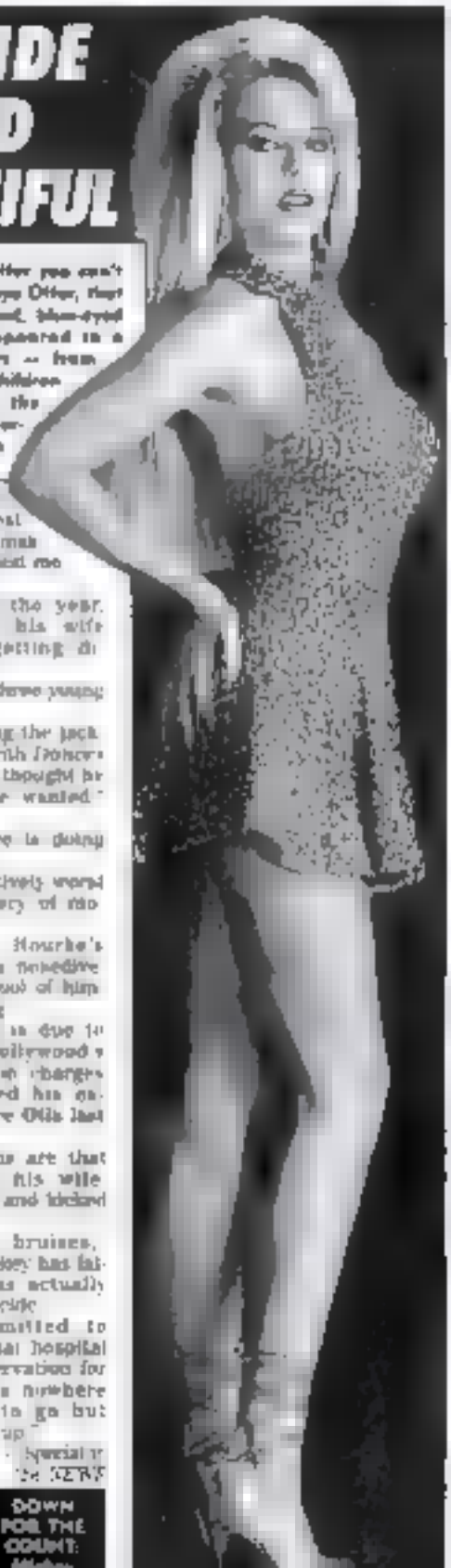
"There were bruises," says McGee. "Mickey has fallen so far he was actually contemplating suicide.

"He was admitted to L.A.'s Cedars Sinai hospital and held for observation for 72 hours. He has nowhere to go but up."

DOWN FOR THE COUNT: Mickey [illegible]

BLONDE AND BEAUTIFUL

Here here's an actor you can't refuse — Tawny Tanya Otter, that is. The blonde-haired, blue-eyed bombshell has appeared in a bunch of TV shows — from Married With Children to In the Heat of the Night. Tanya's favorite guest spot was on Empty Nest.



SUPER SINGLE SONGS OF ALL TIME!

SHOWBIZ QUIZ

Go figure how Billboard mag came up with this list. The only Elvis song to make the chart was *Are You Lonesome Tonight?* at No. 44. Match the singer with the all-time hit.

COLUMN A	COLUMN B
1. Whitney Houston	A. Bette Davis Eyes
2. The Beatles	B. Endless Love
3. Chubby Checker	C. Rock the Kasbah
4. Olivia Newton-John	D. The Sign
5. Diana Ross & Lionel Ritchie	E. You Light Up My Life
6. Bobby Darin	F. The Twist
7. Debby Boone	G. End of the Road
8. Ace of Base	H. Physical
9. Boyz II Men	I. Hey Jude
10. Kim Carnes	J. I Will Always Love You

— Billboard

In 1962 she [illegible] her nightmare began

WOMAN HASN'T SLEPT A WINK IN 32 YEARS!

By ROSE GRADY Correspondent

Thirty-two years ago, Joan Moore yawned — and hasn't slept another wink since!

Now this woman, whose incredible ordeal has made medical history, prays for death, when she will at last be able to close her eyes in restful, eternal sleep.

Ghost and fragile from the ravages of her nightmare, the 59 year old insomniac spends each night in a chair dressed in a nightgown and waiting for the dawn to come.

"In the silence and the emptiness I feel as though I am the only person alive in the world," the Manchester, N.H., woman told *Weekly World News*.

"God has given me a cross to bear. Oh, how I wish I could remember how sleep was like."

Her sleepless hell on Earth began one night in 1962 when she came back to her house after a grueling day teaching school and made a sleepy yawn.

"I remember it so well," she said. "I got a very strange feeling in my head. I thought little of it when it happened, but I haven't been able to go to sleep ever since."

The country's top neurosurgeons have studied Joan's case for years, and several medical papers have been written on her condition.

"After months of tests I came to the conclusion that she is suffering from the extremely rare condition of chronic catatonia," said one physician.

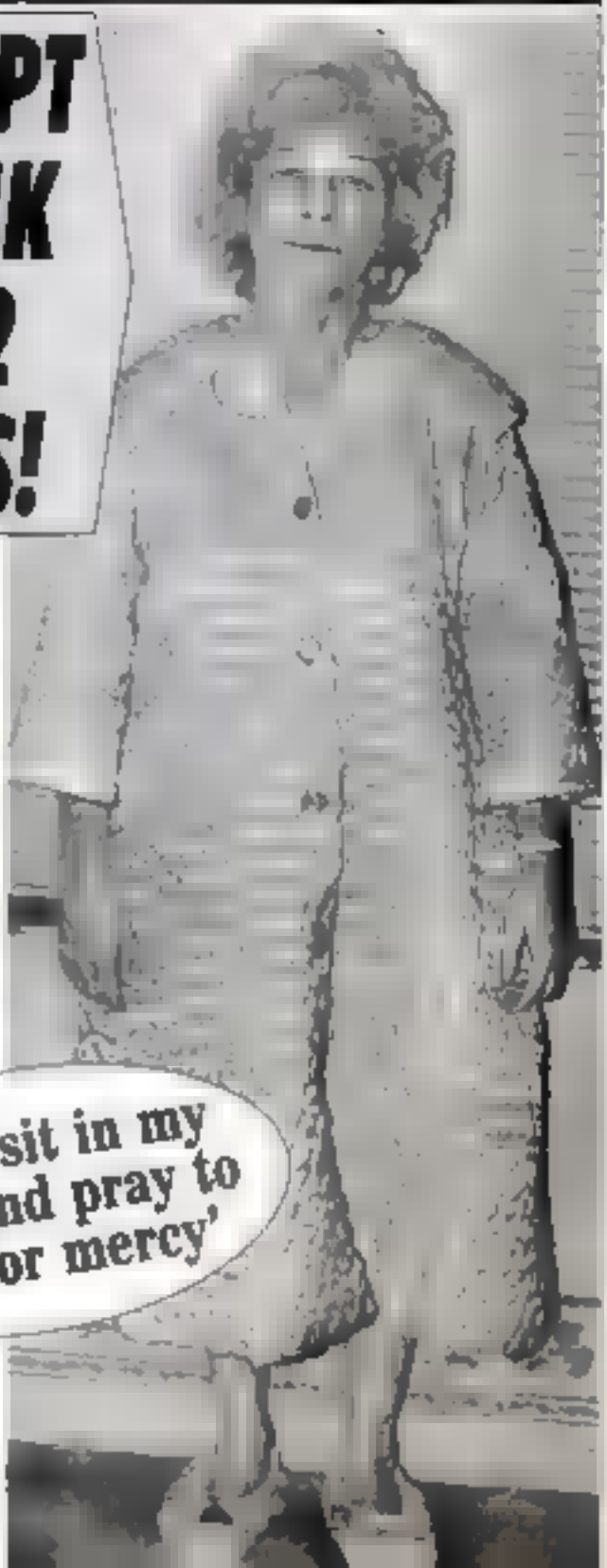
"This impaired the sleep section of her brain and produced total insomnia." He explained that sleep headiness doesn't damage health because the body can function with little or no sleep.

But life for Joan is an unholy torment of waiting and praying for her nightmare to end.

During the day, she passes herself by chatting with neighbors who stop by. But after they go home, she faces another long night without sleep.

"I just sit in my room with my rosary, praying to my dear God for mercy. I say, 'Oh, my beloved Jesus, Free me from prison. Please lift the cross that has burdened me for so many years.'

"Someday — maybe soon — I know that I will close my eyes in eternal sleep. My nightmare will be over. It will be a blessing I will embrace with all my heart."



'I just sit in my room and pray to God for mercy'

FORMER schoolteacher Joan Moore stays up all night.

How to take the pain out of making funeral arrangements

Losing a loved one is bad enough, but going through the agony of making necessary funeral arrangements can be devastating.

Here are some things to think about before you do that will help your family with your funeral arrangements, as suggested by The Matthews International Corp. of Pittsburgh, Pa., which sells various services to funeral homes.

- Secure vital statistics required for the death certificate and burial permit.
- Get legal proof of age or birth certificate.
- Gather up deeds to property and bill of sale of car.
- Indicate the type of funeral service (religious, military, fraternal).

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YOUR SPRING

famed astrologer tells what's

It's winter and spring is months away. But here's an astrological peek at what's in store for April, May and June — as developed by *Weekly World News* psychic Serena Sabak.

She's consulted the stars to uncover what spring holds for you in your job, your relationships, your love life and your health.

WEEKLY WORLD NEWS
NEW YEAR'S SPECIAL

GEMINI

MAY 21 — JUNE 20

You're tempted to make changes in your life. Don't. Stick to what you're doing and you'll profit. Watch out! People are trying to get in your way. Ignore them.

You'll get many social invitations. But don't overdo your socializing because this is a great time to discuss family problems with your loved ones. Handle relations with children delicately. Don't issue orders.

You'll have several opportunities to earn money on the side. But don't appeal too eager. Take the advice of a wealthy older man.

This is a wonderful time for romance if you don't hurry things.

ARIES

MARCH 21 — APRIL 19

Expect startling but positive things to happen during this three-month period. Opportunity will knock at your door, but be sure to act fast. You'll get money from some unexpected sources.

Put all your business matters in order so they're on a solid footing. Use your down-to-earth attitude to overcome obstacles. You will accomplish important projects with friends, especially women. Accept new acquaintances into your circle.

In romance, develop practical solutions to sudden problems.

CANCER

JUNE 21 — JULY 22

This is a period of beautiful opportunities. Do not hesitate and you will accomplish a great deal in your life.

Add something new to your business operations. Use your charm, but don't let your pride prevent you from showing gratitude where it's due.

Join friends in charity work.

Your children will be a delight, full of ideas and questions. Show them how fond you are of them. Put long-due money you finally receive into savings.

In romance you'll receive much affection.

LEO

JULY 23 — AUG. 22

This is the time for you to invest in solid human relationships. Show you can be sensitive to others.

Avoid putting off things at your work. Do your job earnestly and well. You will find fascinating new friends. Accept the offer of a new business contact for social advancement.

Put up with a little emotional abuse at home for the sake of peace. Make a special effort to keep children out of conflicts.

You'll make money with an expert businessman. Younger people will help you get ahead financially.

A jealous outsider will try to influence your romantic life with unfair idle gossip.

TAURUS

APRIL 20 — MAY 20

This is the time you've been waiting for. First, figure out what you want most. Then take quick action by seeking help from dynamic people who can get things across.

A new course of action will keep you very busy and give you a chance to make more money than usual. Correspond with distant contacts who will help with your goals.

Your family may feel neglected. Explain to them the importance of what you're doing. In romance, be attentive and affection

HOROSCOPE

in store for YOU in the next three months!

VIRGO

AUG 23 — SEPT 22

Expect many changes during this period. Analyze your actions carefully before you move or you are apt to make a mistake.

On the job, your creative ideas will be excellent. Your suggestions are watched by you — favorably so don't fret.

Throw a party. Invite only people you've known for some time. Include a few from the neighborhood or where you work — it will prove a smart move.

Your children will give you much pleasure expressing their love for you. Do something especially nice for them.

A project that you are asked to invest in will fail. Instead, save your money and work on another venture that will pump due later in the year.

Doing something romantic will make both you and your partner happy. Watch your health and take time to relax.

SAGITTARIUS

NOV 22 — DEC 21

New interests could make you fulfilled and satisfied. Broaden your horizons by communicating with many people.

On the job, a friend will help you expand and spark successful ventures. Mingle socially with new and unusual friends.

Family members will go out of their way to make you happy and you will reciprocate.

Unique new ventures will earn you a lot of money. Spend it in interesting ways. A trip will prove useful and could mean even more money.

You'll enjoy romance to [illegible] the way you're in [illegible]

CAPRICORN

DEC 22 — JAN 19

You can gain financial stability by carrying out long-range plans, but careful planning is a must. Both a confidential advisor and a romantic interest will lend support.

You'll have confrontations with powerful people through a new business partner. Your involvement in important decisions will not bring social contacts. Explain how busy you are and your true friends will understand.

Problems at home will be settled by late March. Give your children a little more love and devotion.

A romance may suffer some strain. Remain calm about it.

LIBRA

SEPT 22 — OCT 21

This is an explorative period for you. Use your charm to get what you're after. In financial matters, selecting the best investment can be very profitable.

Daily spend what you can afford.

Nurture old friendships by visiting some far-away acquaintances or relatives with your family.

Fix up things around your home. Ask friends to help, since younger family members will be elsewhere. The kids will need money and your help to solve a few problems.

Your intuition will help you earn some extra money to cover unforeseen expenses.

AQUARIUS

JAN 20 — FEB 18

Your sexual charm will help you win importance in your community and you will be successful in dealing with important people. New technology in business ventures is needed. Don't hesitate to invest. It will pay off quickly.

Socially, focus on friends and acquaintances who'll help you make mutually beneficial friendships with prominent people. Expect some opposition at home over your new social ties but don't argue over it.

Family members will understand and appreciate what you are accomplishing. Children will be fine and you'll be proud of them.

Romantically, you'll enjoy an improved happiness and delightful times.

You'll feel invigorated by your mental activity and alertness. A little pie warning. Be careful in heavy traffic.

SCORPIO

OCT 23 — NOV 21

You're on a roll! Continue plans you've already made and you'll be most successful.

In business, don't put things off. Expand. An important person will unexpectedly step in to help.

Your social life will be very rewarding. Rekindle ties through an exchange of visits with old friends.

You'll spend some beautiful evenings at home and exchange warm thoughts with family members.

Young people will be a problem. Consult an educator or read up on child behavior to help them face problems you can't cope with.

Money will fall into your lap. You're hot and you could make a bundle by investing.

In romance, comply with your partner's wishes or your relationship could hit a snag.

PISCES

FEB 19 — MARCH 20

You'll need a lot of self-control to face career challenges.

New activities, especially travel to distant places, will be enjoyable.

Consult your business advisers frequently about competitors.

This is a good time to go out on the town with old or newly made friends. Ask one of them to join you on that long-distance trip. Spending less time at home will cause some problems but all will be resolved peacefully if you make an effort to understand your family's position.

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THE NOSE KNOWS . . .

By JENNIFER MORGAN
Correspondent

COMMON SCENTS CURES!

NEWS
NEW YEAR'S SPECIAL

Treat what ails you with kitchen and garden items for just pennies, says top aromatherapist!

You can save hundreds of dollars in 1995 on drugs and cure what ails you in a jiffy — by treating yourself with fragrances found in your own home and garden!

That's the recent claim of top aromatherapist Marcel Lavabre, whose *Handbook of Aromatherapy*, tells how to use the power of scents to improve health.

"People can use the products in their own kitchens to cure colds, reduce fatigue and for countless other ailments," said Lavabre. "They don't have to use drugs.

"Of course, for serious problems, we strongly recommend that you see your doctor. But for minor aches and pains scent therapy is a natural, safe way to feel better."

Lavabre has spent years extracting the essential oils of scores of flowers, common herbs and fruits and researching their effects on the human body.

He says readers can extract the same miracle substances by collecting the plant or fruit of their choice and crushing it until it is a concentrated paste. Add water if necessary. Used as instructed — a tablespoon should be enough — the super scents will have you feeling better in no time.

Here is a chart of common ailments and aromas you can use to cure them, according to aromatherapist Lavabre.

ANEMIA

Use chive buds. Add paste to hot bath and soak for 20 minutes each day.

ARTHRITIS

Use marjoram. Rub paste directly into aching joints or add to hot bath and soak for 20 minutes daily.

ASTHMA/ BRONCHITIS

Use spearmint. Put paste in a warm water vaporizer, use in a compress applied to the upper chest, or add to boiling water and inhale for five minutes every hour.

CIRCULATION

Use cinnamon bark or leaf. Put paste in hot bath water. Soak in at least 20 minutes every eight hours.

COLDS

Use paste of pine or spruce needles. Make compress for chest or use vaporizer. The paste is also ideal in an inhalant, added to boiling water.

DIGESTIVE PROBLEMS

Use caraway or coriander seeds. Massage paste into abdominal area. Allow to remain for half an hour. Repeat every six hours until symptoms subside.

FEVER

Use gingerroot. Added to lukewarm bath water, will help reduce fever.

GALLBLADDER PAIN

Use paste of lime skin. Add to hot bath or place compress dipped in very painful area. Repeat after 12 hours if pain has not decreased.

HEADACHE

Use peppermint paste as a compress on the forehead or massage gently into the temples. Rest in darkened room during treatment. If you don't feel better 30 minutes after first application, repeat.

IMMUNE SYSTEM WEAKNESS

Use paste of lemon skin. Add to boiling water and inhale every eight hours.

IMPOTENCE

Use nutmeg paste. Added to hot bath water is an excellent stimulant for the sexual organs. Soak in the bath for 20 minutes each day and soon love life will improve dramatically.

INSOMNIA

Using a paste made of tangerine or orange skin can bring on sleep. Add to hot bath for a big grant, relaxing wash before bed each night.

PREMENSTRUAL SYNDROME

Use paste of fennel seed. Add to hot bath and soak for 20 minutes each evening while symptoms last.

RHEUMATISM

Use pepper. Make a compress and wrap aching areas. Leave in place for 15 minutes or until skin tingles. Apply only once a day.

SINUS TROUBLE

Use lavender paste. Add to warm water vaporizer or boiling water and inhaled. Your sinus problems will be cleared up in a jiffy.

TENSION

Use rose petals. Add paste to bath, relax. Repeat daily.

TIREDNESS

Use basil. Added to the bath or inhaled will boost energy levels and restore physical stamina.

Your eating habits reveal your hidden personality!

By [illegible]
Correspondent

Your eating patterns tell others plenty about your personality, a massive new university study of 12,000 typical American households reveals.

"There is a significant relationship between what people eat and what they're like," declared Dr. Russell Haley, a marketing expert.

He said his study shows Americans fall into five basic groups — and here's what the foods they prefer reveal about them.

1. Meat & potatoes eaters:

Some 21 percent of American households belong mainly to this group, Dr. Haley said.

"These are the 'solid citizens' — conservative, resistant to change and devoted to keeping faith with traditional values. They eat what their parents ate. Their attitude is 'What was good enough for my folks is good enough for me.'"

2. Junk food eaters:

Dr. Haley said 22 percent of Americans exist basically on fast foods, pizza, soda pop and the like.

"They eat as though they were still teenagers. They rarely sit down to a formal four-course meal, but snack their way through life. This is a family-oriented group. Their lives center around their children. When they eat out it's at McDonald's drive-ins, and they vacation at Disney-like theme parks."

3. Diet-concerned eaters:

Some 19 percent of Americans fall into this category, Dr. Haley revealed. "They count calories and avoid foods high in cholesterol, sugar, fat and salt.

"These people, who tend to be older than those in the other groups, have their eyes on the clock and are aware of maintaining good health. The group is overweight-conscious and willing to give up immediate pleasures for long-term security.

"They pride themselves on their ability to cook a meal and while for the best hearty chicken pot pie or roast on the TV set," he said.

4. Adventurists:

Dr. Haley said 17 percent of Americans are in this group. They range in every sense, widely, from and foods without preservatives and they exercise daily. "Highly individual people in this group obviously believe that they can improve life for everyone with their constructive criticism."

5. Food sophisticates:

Sixteen percent of Americans are in this category. They're gourmet cooks, wine tasters and dinner-club members.

"This group is less visible than the others, Haley said. They're young and [illegible]

"They're willing to devote an inordinate time, energy and effort to eating well and doing the right things — and they're inclined to delay gratification. Children or anything else that would disrupt their lifestyle is out. They are good to eat and they eat well — they know where the restaurants are."

HOW WORKING COUPLES CAN AVOID

Two-income couples fight more, not less, over money — but you can avoid conflict in 1995 by following simple tips from an expert.

[illegible] have as much money as two-pay-

author of Money by Negotiation. Here are some common conflicts two-income couples will have in 1995 . . . and how to combat them.

unconcerned, there is a power struggle between spouses when both work. To avoid this, couples should divide decision-making du-

5 INSTANT WAYS TO ELIMINATE STRESS!

If your New Year's resolutions include eliminating stress from your life, experts recommend five sure-fire methods to help you do it.

"Anyone can learn to do them and our clinical research shows they really work," says psychiatrist Dr. David E. Gross.

"The whole idea is to provide safe, simple and healthy ways of letting off steam on the spot, anytime during the day."

Here are Dr. Gross' five best ways to beat stress in 1983.

1 MOLD A PENCIL. Place a pencil between the palms of your hands and roll it back and forth vigorously.

"Try not to think about the problems causing your stress. Just concentrate on the pencil," said Dr. Gross.

Many people report they can actually feel the stress slipping away as they roll the pencil, he added.

2 MAKE UP YOUR OWN "CURSE" WORDS AND START "SWEARING." Pick nonsense words that have no real meaning and when the stress builds up find a private spot. "Throw your head back and let 'er rip," he said. "You might find that the silliness of your nonsense swear words actually causes you to burst into laughter. And laughter puts out stress the way water puts out fire.

3 WHISTLE. "You can whistle up a new attitude [or] mood quick as a wink. Just pick a happy tune, perhaps an old favorite."

4 SCREAM SILENTLY. "Go through all the motions of a real scream — screw up your face, take a deep breath, make the muscles in your throat tight, throw your head back and scream — but silently," said Dr. Gross.

5 SMASH ICE CUBES. Take a bowl of ice cubes outside and — one at a time — throw them down on a rock or concrete.

They break beautifully, the pieces flattening out in all directions, and you can feel your stress shattering with the pieces of ice."

Facts & myths about getting a bank loan!

Much of what people believe about getting a loan is simple myth — and what you don't know about borrowing can hurt your chances of getting the money you need.

Here, banking experts separate fact from fiction.

MYTH: You must have been at your job a long time to qualify for a loan.

FACT: "Job hoppers do make lenders nervous, but a lender will look favorably on a career advancement, even if you've changed jobs within the past six months," said bank officer Jim Kendall.

MYTH: Your salary is the main factor determining whether you get a loan.

FACT: "A lending officer looks for the three C's — capacity to repay, character and credit worthiness," said banker Jack Shipman.

"Your ability to repay a loan involves not just your salary, but also your spouse's salary, your credit history and the amount of money you owe."

MYTH: Your best chance of getting a loan is from the institution where you have a savings account.

FACT: "Only if you're borrowing against that account," Kendall said.

MYTH: Both the very old and very young have no chance of getting a loan.

FACT: "They have as much chance as anyone else," Shipman said. "A loan application cannot be rejected on grounds of age."

MYTH: If one lender turns you down, every other lender will do the same.

FACT: "If one institution turns you down, it doesn't mean you're out of luck," Kendall said.

"A lender can refuse your loan application because he might not make the sort of loan you requested or because there's something incorrect in your credit bureau file.

"You have every right to know why your loan was refused — and you should ask."

You can then act to correct any errors in your credit file.

MYTH: If you default on a loan, the lender will garnishee your wages or property.

FACT: "The last thing lenders want is to foreclose on a loan," Shipman said. "Lending institutions are more likely to let you skip payments."

FIGHTS OVER MONEY

more about getting the car fixed.

● Whose money is this anyway?

Wives have a tendency to feel the husband's income belongs to both spouses, while her income is hers alone. Miss Warshaw says both spouses must be willing to pool their money equally.

● You're such a know-it-all about money.

One partner often resents the other for being money smart and taking over the finances. The best solution to this is to learn more — take courses and read books and magazines that explain economics.

● Let's not talk about money.

This is a fatal mistake many couples make — they avoid resolving differences on how their money should be handled and this leads to [illegible]. For the average couple, Miss Warshaw says, the best way to avoid this is to be honest about how much you're spending and what you're spending it on.

● What about our future?

When two income couples are not clear about their financial goals, it often leads to fights. Decisions on important money issues like major purchases, vacations, the children's education and retirement plans [illegible]

Dionne Warwick Has A Friend At The Psychic Friends Network℠...

You Can Have One Too!

If you have questions like:

- [redacted] will I [redacted] [redacted] right person for me?
- Will I ever [redacted] married?
- [redacted] there more money [redacted] [redacted] future?
- [redacted] does my future look like?

Recording superstar and five-time Grammy Award winner Dionne Warwick is [redacted] of OUR BIGGEST FANS! She said, "Call the Psychic Friends Network℠ and you'll get a private and confidential session with someone who [redacted] help you achieve your greatest desires!" Dionne says, "Take my word for it – that's what Psychic Friends [redacted] for."

For the guidance and support that only a Psychic Friend can provide!

Call (900) 737-3117

at the charge of only $3.99 per minute.

(You must be [redacted] years or older • Sponsored by Inphomation, Inc., Baltimore, MD)

Hare-brained hubby wants me to wear a G-string to church!

Confidentials

Dear Laughing in Allergy: But what if that WASN'T a banana in his pocket?

Dear Disappointed in Marion: If my man gave me a can opener for Christmas I'd cut his brain out for a year!

Dear Caught in Hanover: If the hostess didn't provide toilet paper, you had every right to "make use" of her monogrammed towels!

Dear Dotti Pen in Viking: The lingerie is GORGEOUS. I'll let me when you get to Dallas and I just might model it for you!

Dear Wondering in Hillsmere: Yes, you can get pregnant from a toilet seat — especially if there's a man on it with you!

Dear Puzzled in Gipsewood: I don't care what your husband says — no man keeps a condom in his wallet "in case a friend needs it!"

Dear Dotti: My husband joined a church recently and wants me to start going with him. I have nothing against churches, Dotti, but this congregation meets in a warehouse and the services are unconventional, to say the least. For one thing, the "choir" is a heavy metal rock band. For another, these people preach the virtues of sex — and half the gals dress in hot pants, halter tops and miniskirts. My husband, who is a respected banker, wants me to go in a G-string. I told him I didn't want to but he's really pushing. Help! — Worried in Pageland

Dear Worried: Tell your hubby you'll go to "church" in a G-string if he goes to work in a jockstrap. That'll shut his fat mouth — *I personally guarantee it!*

Your mother should be whipped for having you!

Dear Dotti: Your mother must have been a stupid broad to have a daughter like you. Somebody ought to beat the hell out of the ignorant old hag for not aborting you! — Hater Dotti in Wichita

Dear Hater: You'll be happy to know that my mother died last week after a 17-year battle with cancer. Contrary to what you might think, she was a lovely human being with a heart as big as Texas. I'll miss Mama — and so will thousands of children and senior citizens who benefited from the millions she gave to nursing homes and orphanages in her state, including Kansas.

Should I buy a $40,000 car for my daughter?

Dear Dotti: My 16-year-old daughter is a wonderful child and I'd like to reward her. She wants a new car, a little subcompact, but I'm thinking about surprising her with something better — like a $40,000 Lincoln. Should I give her the subcompact she's been asking for — or knock her socks off with the Lincoln? — Big Daddy in Frankel

Dear Big Daddy: I've been driving Lincolns since my daddy gifted me with one on my 16th birthday and I advise you to do the same. Plenty cut compacts are cheap to buy and operate, but they're embarrassing to drive — and I'd sure as hell hate to wreck one!

Taking a cruise was the highlight of my life!

Dear Dotti: You recently said that anybody stupid enough to take an ocean cruise is totally brain-dead and I couldn't disagree more. I just returned from a seven-day cruise through the Caribbean and I had the time of my life. It was worth every penny I spent, and if I ever have the opportunity to take another cruise I'll jump at the chance. So why don't you keep your stupid mouth shut, Dotti? You don't know what you're talking about! — Angry in Montana

Dear Angry: The next time you take one of those stupid cruises do me and the world a big favor — and fall off the boat!

Dotti will answer your letters — and tell it like it is. Just write to her, c/o Weekly World News, P.O. Box 02047, Dallas, Texas 75202.

Ask Serena

Why is my guardian angel trying to kill me?

Let Serena help you. Write to Serena Sabak, Weekly World News, P.O. Box 02047, Dallas, Texas 75202. Your advice is free. So are your visions.

Dear Serena: All my life I have consulted with a guardian angel who used to have my best interests at heart. By closing my eyes and calling her into my mind, she would advise me on all sorts of things like career, money and romance.

I don't really know why but a few weeks ago everything changed when my guardian angel started telling me to commit suicide. Why is she trying to kill me, Serena? Is this some kind of bad joke? — Afraid in Greensboro

Dear Afraid: Your guardian angel isn't trying to kill you — *but on evil demon is.* Fortunately, this entity isn't strong enough to resist the spell of protection by you will hear from your guardian angel, who will continue to give you the good advice you deserve.

★ ★ ★

put a love spell on my two dogs. I've had them since they were 2 months old and they both have the same mother. They used to be by they've begun to fight and I'm afraid they're going to kill each other. — Scared in Carson City

Dear Scared: My spell of friendship works equally well for humans and animals and I'm happy to extend it to your dogs. Rest assured, they will never fight each other again.

★ ★ ★

Dear Serena: This might sound like a ridiculous question to you but it's very important to me: Who does my mother love better — my brother or me? In case you're wondering, we're both in our 30s. Mom is 70. — Curious in Topeka

Dear Curious: Your mother loves you both equally — *but she loves your brother more because he's human.* Her love for her children ebbs and flows. The first time I consulted my crystal ball, she loved your brother best. When I checked back the next week, you got the edge. Fortunately, these variations of tolerance and affection were slight to the point of near nonexistence. Please consider yourself lucky. Your mother is type

★ ★ ★

PERSONAL TO . . .

Accused in Oakley: You will be convicted as charged and spend the

Thousands of sightings around the world!

FLYING SAUCERS attack a mid-20th C. city in this artist's conception. A UFO expert says that extraterrestrials may be testing Earth's defenses in preparation either for war or for peaceful contact in 1995.

UFO EXPERT Herbert Knaus is the director of the Center for Extraterrestrial Contact and Research in Bonn, Germany.

UFOs flying in formation are frequent visitors to cities throughout Russia.

FLYING saucer [illegible]

SPACESHIP swooped down over a motorbike rider in Paris, nearly hitting him.

UFO ACTIVITIES INTENSIFY

UFOs are blitzing Planet Earth like never before in history — and experts believe the unprecedented activity means space aliens are preparing to make formal contact with humanity in 1995!

Reports of UFO activities are pouring in from around the globe. There have been encounters by thousands of people, bizarre abductions, face-to-face encounters with space aliens and more.

UFOs have knocked out a power plant, terrorized entire towns and even been implicated in the deaths of five people, including two children in Louisiana and a senior citizen in New York.

"This worldwide phenomenon is exciting — and disturbing," said Helmut Kraus, director of the Centers for Extraterrestrial Contact and Research in Rotor, Germany.

"Without a doubt, it is the most intensive UFO blitz in recorded history. And I, for one, believe it could mean that extraterrestrials are preparing to make formal contact with world leaders in the very near future — possibly before the year is out.

"This might be good or it might be bad," he continued. "It really depends on what these creatures want from us."

The UFO blitz began last summer and reports have been flooding in ever since. An astonishing 10,000 UFO sightings have been logged since July.

In one strange case, an entire city was hit by a baffling brownout while a 250-foot UFO performed 90-degree turns and other "impossible" in-flight maneuvers at skyscraper level, authorities said.

In Italy, cops have been swamped with over 1,000 UFO reports since June. Sightings of every description have swept over town after town — even Rome, where people actually crowded on rooftops to watch.

In Australia, more than 400 UFO sightings were reported in September. In one case an airport's radar tracked a fleet of 11 UFOs for 20 minutes.

In the United States, there literally have been thousands of encounters. People are reporting [illegible] by thousands of people.

Alien life-forms will make formal contact with Earth — in 1995!

WEEKLY WORLD NEWS

NEW YEAR'S SPECIAL

[illegible] must and he was allowed to pilot a starship while a leaky, bulb-headed extraterrestrial watched.

Hundreds more cases have stunned and baffled officials and investigators in Great Britain, Israel, Argentina, Russia, China, Kenya, Spain, Mexico, Canada, the Bahamas, Greenland and Poland.

"We've been waiting for contact with extraterrestrials and the upsurge in UFO activity around the world would seem to be the fulfillment of our wish," said Roberto Pinotti of the UFO Research Network in Rome. "There are all sorts of signs that indicate something big is about to happen. And nothing could be bigger than contact with the extraterrestrials themselves."

Here are some of the most striking examples of space alien activity around the world:

FRANCE

A UFO swooped down on a night watchman who was riding a motorcycle as big as a locomotive and made a strange, breathing noise, almost as if it were alive," said Christian Bonjean, 48.

The man hurried home after the encounter and called police officer Francis Jullre raced to the scene and found that the UFO had returned.

The V-shaped star ship "sucked two huge blue jets into its belly before it vanished," the officer said.

PORTUGAL

Hundreds of tourists at Lisbon Airport watched in stunned disbelief as an orange, cigar-shaped UFO hung motionless over the airport last July.

It hovered there for over five minutes — long enough for police photographer Attilio de Moura to snap pictures of it.

"After five to six minutes, it began to move north," said de Moura. "The velocity increased, then the thing disappeared."

SOUTH AFRICA

Four doubleheaded youngsters watched, paralyzed with fear, as three humanoid creatures dressed in shiny silver jumpsuits jogged past them on a hiking trail near the city of [illegible] grayish — they were running in unison," said Peter Simpson, 14. The youth said the creatures vanished after a huge, dome-shaped starship appeared overhead.

Under hypnosis, all four boys were found to be telling the truth.

BRAZIL

A silver, saucer-shaped UFO fired a laser beam at a fisherman, leaving third-degree burns on his arm and chest. A second UFO attack by that saucer or another, was blamed for the death of another man two days later.

Thousands of people saw the second UFO.

RUSSIA

Fleets of UFOs, moving in formations of three or four craft, have become regular visitors to cities throughout Russia.

Some of the larger UFOs have been seen dispatching smaller craft that speed off in different directions, witnesses and authorities say.

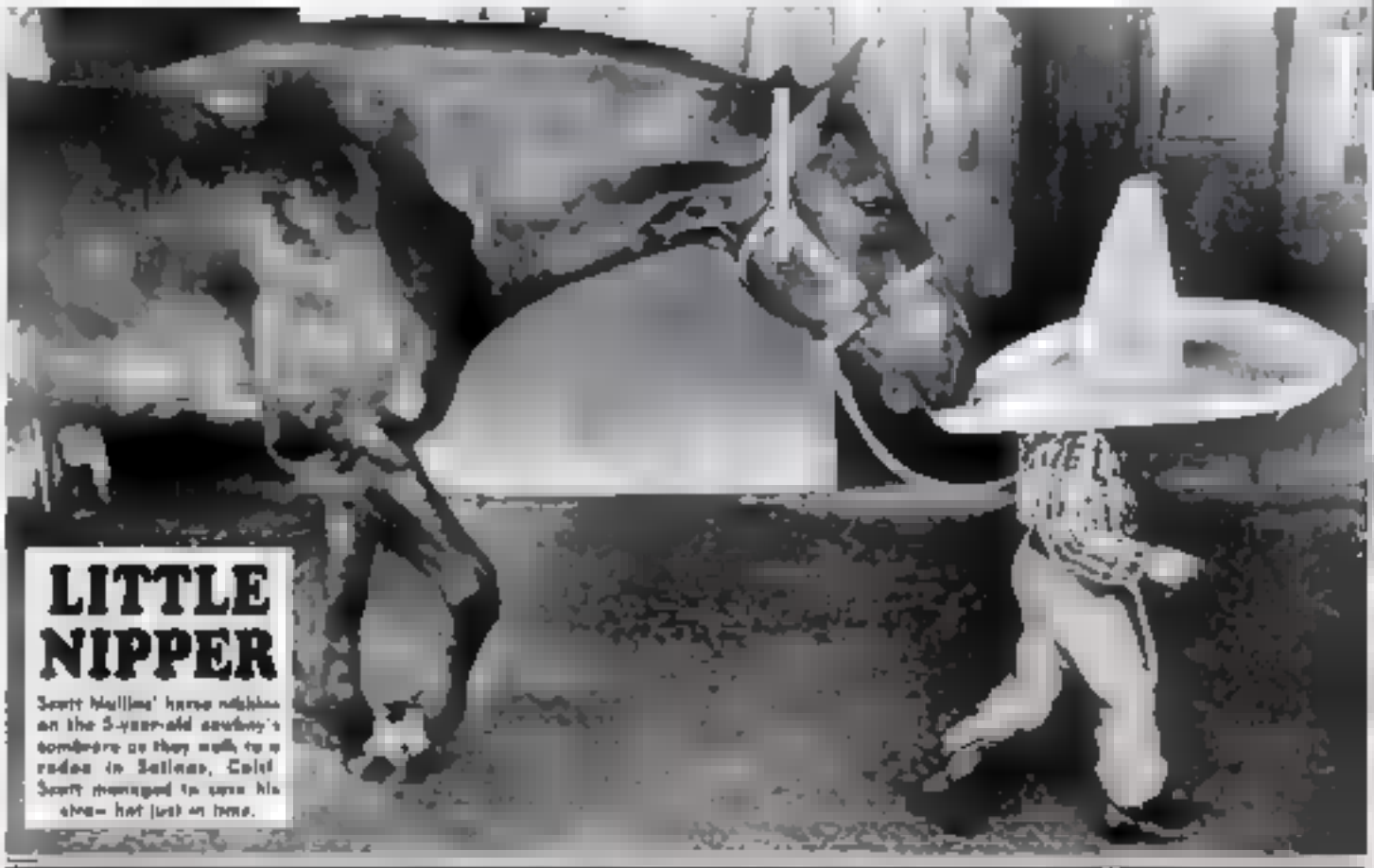
UNITED STATES

State and federal authorities confirm thousands of UFO sightings, including reports of at least 250 alien abductions since January alone.

The deaths of two children in Louisiana have been linked to radiation exposure in the wake of a close encounter with a UFO.

In New York, an 83-year-old woman suffered a heart attack and died

Roberto Pinotti



LITTLE NIPPER

Scott Mullins' horse nibbles on the 5-year-old cowboy's sombrero as they walk to a rodeo in Salinas, Calif. Scott managed to save his chaps — but just in time.

CHROMIUM PILL WILL ADD 25 YEARS TO YOUR LIFE!

Excited scientists have discovered a miracle substance that could increase the human life span by as much as 25 years!

...and you can get it at any health food store!

By SUSAN JAMISON
Staff writer

The amazing dietary supplement -- chromium picolinate -- also reduces cholesterol levels, wards off obesity, lowers the incidence of diabetes and improves overall health, according to biochemist Gary Evans from Bemidji State University in Minnesota.

"It's pretty fantastic," Dr. Evans told Weekly World News. "It's inexpensive and it's widely available in health food stores.

"From our studies it appears this naturally occurring nutrient has the ability to increase the average life span from 75 to 100 years of age.

"It increases the response of the body to insulin, and insulin affects many areas. It decreases the aging processes that lead to the breakdown of health. And as far as we know it is safe to take even large amounts of it."

Dr. Evans says he stumbled on the effects of chromium picolinate after his studies of human diabetics revealed chromium picolinate lowered levels of glucose and glycated hemoglobin in the blood.

Shortly after he completed his work, he read of a scientist studying longevity in rats who reported that rats fed a life prolonging, low-calorie diet had blood with reduced levels of glucose and glycated hemoglobin as well.

"The rats lived about a third longer than rats that were fed a normal diet.

"We thought we would try to do that, too — not with a reduced calorie diet but with chromium picolinate, a special form of chromium that is more easily absorbed by the body," said Dr. Evans.

"We found that the rats with chromium picolinate lived longer than animals with other forms of chromium and longer than rats who got no chromium at all.

"We can extrapolate from these studies that chromium picolinate has the ability to significantly increase life span in humans."

Dr. Evans suggests women take 100 micrograms of chromium picolinate per day. Men, because of their increased muscle mass, should take 200 micrograms per day.

The supplements cost about $7 for a 60-day supply and can be purchased at your local health food store.

WEEKLY WORLD NEWS
NEW YEAR'S SPECIAL

New look for 1995!

SQUARE EYES!

Surgeon's designer eyes come in all shapes, sizes and colors

By BEATRICE DEXTER
Correspondent

A top plastic surgeon is taking Europe by storm with a unique new type of eye operation — designer eyes that are square, triangular or egg-shaped.

Patients of Dr Chloe Nevard have traffic-stopping eyes when the bandages are removed, a French magazine says. The odd shaped eyes are so unusual that they stand out from across a room.

"Men and women everywhere are clamouring for a chance to have these attention getting eyes, so Dr Nevard is charging huge prices for them," said an unidentified Paris plastic surgeon familiar with Dr Nevard's work. "There is relatively little pain involved and a short recovery time.

"For about $4,000 and an hour in an outpatient clinic, a patient can have eyes any shape he wants. Last month the surgeon gave an avid yachtsman anchor-shaped eyes and a few weeks before that she gave a woman cat-like eyes that are simply stunning."

Dr. Nevard pioneered her extraordinary technique in Nairobi, Kenya, where she operated on hundreds of poor patients with cataracts. A number of her female patients requested that she change the structure of their eyes, believing that had look would be-

Dr Chloe Nevard

the eye to its original appearance would be to rival the work of God and that it would bring bad fortune," the plastic surgeon recalled.

"At first I began by making the eyes square and that was a great success. Later I tried the triangle, the egg shape and the cat-shaped eye. I got so much practice that after a while I could produce any shape my patient requested."

The plastic surgeon returned to Paris in 1991 and opened up a private practice. Word of her designer eyes soon spread around Paris, London and Rome and scores of rich men and women began lining up for eye operations.

"This is all vanity, of course — there is no medical reason for most of the operations she does," said Dr. Nevard's Paris colleague.

LEFT: One of Dr. Nevard's pretty patients before her eye surgery. ABOVE: The young lady is even more beautiful with her square designer eyes. Both pictures were provided by Dr. Nevard from her files.

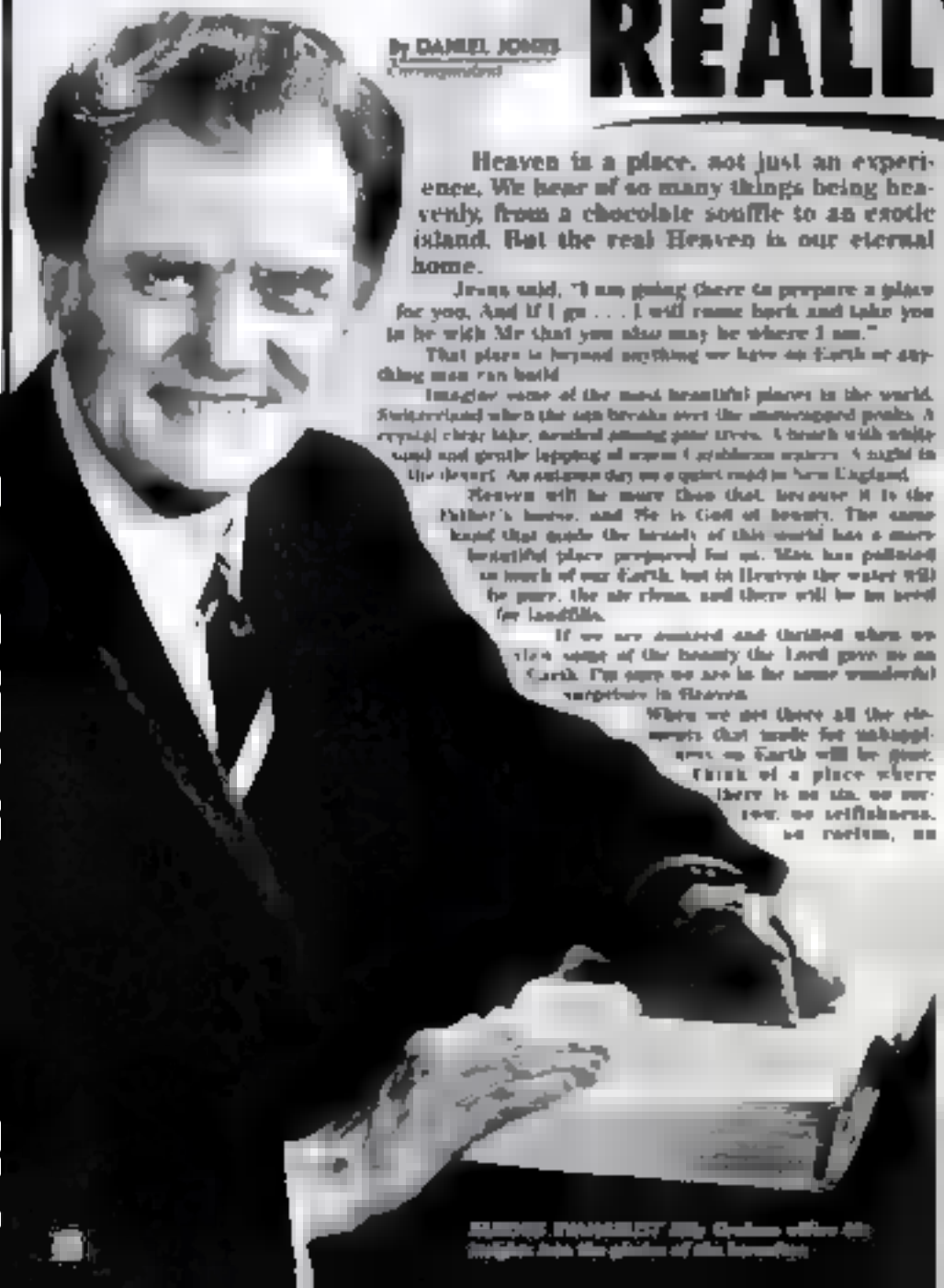
Music prof scores 4 holes-in-one

Jack Borer teaches music but he could well have a new career on the golf course where he has scored four holes-in-one — with two recent ones only six days apart!

Billy Graham reveals what Heaven is REALLY like!

WEEKLY WORLD NEWS
NEW YEAR'S SPECIAL

By DANIEL JONES
Correspondent



Heaven is a place, not just an experience. We hear of so many things being heavenly, from a chocolate souffle to an exotic island. But the real Heaven is our eternal home.

Jesus said, "I am going there to prepare a place for you. And if I go . . . I will come back and take you to be with Me that you also may be where I am."

That place is beyond anything we have on Earth or anything man can build.

Imagine some of the most beautiful places in the world. Switzerland when the sun breaks over the snow-capped peaks. A crystal clear lake, nestled among pine trees. A beach with white sand and gentle lapping of waves. A goldmine explored. A night in the desert. An autumn day on a quiet road in New England.

Heaven will be more than that, because it is the Father's home, and He is God of beauty. The same hand that made the beauty of this world has a more beautiful place prepared for us. Man has polluted so much of our Earth, but in Heaven the water will be pure, the air clean, and there will be no need for landfills.

If we are amazed and thrilled when we view even part of the beauty the Lord gave us on Earth, I'm sure we are in for some wonderful surprises in Heaven.

When we get there all the elements that made for unhappiness on Earth will be gone. Think of a place where there is no sin, no sorrow, no selfishness, no racism, no pain, no sickness, no suffering, no death.

Heaven will be filled with music and song. And it will be a place where we have work to do. It may be the kind of work we have never experienced on Earth. No frustrations, no freeways, no failure or fatigue.

Have you ever done anything so exhilarating you hoped it would never end? In Heaven our work will be stimulating and rewarding.

Each one of us will be given some task that we will enjoy. There may be cooks who prepare heavenly dishes. Some may play with children. Perhaps we will be called upon to tend gardens or polish residences the magnificence of Heaven.

Whatever we do, the Bible says we will serve God.

Heaven will also be the ultimate family reunion. No one who enters the Father's house will feel lonely or strange, for our friends will be there.

We may be very surprised by whom we meet.

The Old and New Testament saints and prophets will be there to greet you and answer some of those questions you always wanted to ask. We might have to rush or stand in line, for we will have all of eternity to enjoy.

There will be no night in Heaven. Night comes on Earth, filled with darkness and peril. In many cities on our planet we are warned not to go out on the streets at night. But in Heaven, evil is gone.

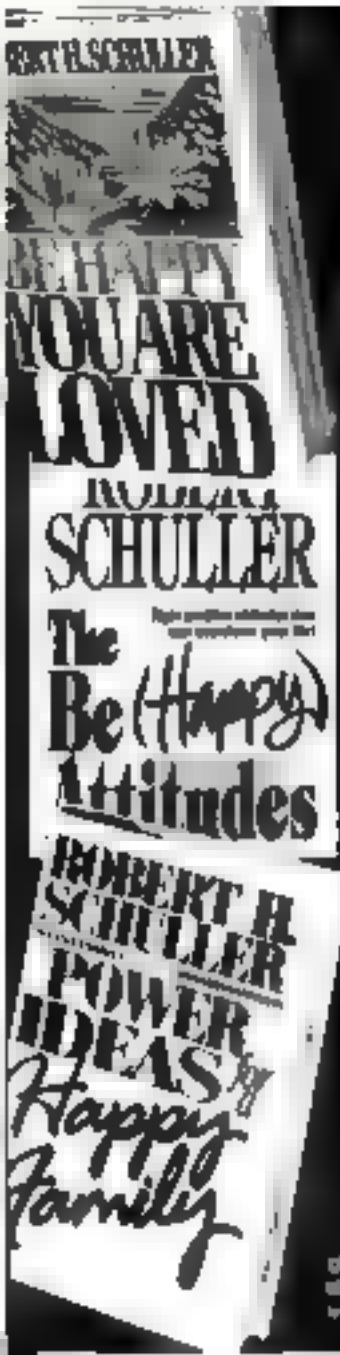
Heaven is a city of refuge, companionship and security, where we will live forever. It will be large enough to house all believers without being crowded.

For centuries women have loved jewels. Heaven will have gates of pearl, streets of gold, and the foundations of the city walls will be like a display case at Tiffany's multiplied many times in their magnificence.

Are you ready? I know I am prepared to meet the Master, not because of preaching or books, but because many years ago I confessed my sins and asked the Lord to come into my life and make of me what He wanted.

Won't it be thrilling to share Heaven with our children, parents, friends, and all of the people who have gone before us?

HEAVEN BOUND? Billy Graham offers an insight into the glories of the hereafter.



7 ways to conquer any crisis and be happy!

We've all had to deal with turmoil in our lives — a health crisis, a catastrophe at work or upheaval in our families.

Right now, America's economy is in bad shape. The recession is hanging on and millions of people are unemployed.

At times trying times the weight of our problems feels as if it will crush us — but even in the middle of chaos, it is still possible to love and be happy!

Here are some strategies I use to cope with a crisis that can help you, too.

By Rev. Robert Schuller

● **Every problem with past** — As a child growing up in Iowa during the Depression, my father's small farm almost went under at the end of one growing season because of drought.

But my dad held on and planted again. And by having [illegible] to care, he was able to make it through the lean times of the Depression and became a successful farmer.

His motto: "Weather and problems are always temporary. This too shall pass!" So hold on, because things will get better.

● **We're all in this together** — We often feel that we're alone in the world and the only one facing hard times. But everyone has problems.

I've endured personal tragedies in my life including a very serious accident suffered by my daughter.

When I came to California years ago, I struggled to form a church. It was difficult, but I built the Crystal Cathedral.

Problems are part of everyone's life. Take comfort in that.

● **Choose your reaction to a crisis** — You can't pick your problems, but you can pick the way you'll respond to them.

Choose to respond with a positive attitude. Rather than being depressed about being out of work, you should look at a layoff as a chance to spend time with your family. You'll be back to work soon enough and that free time will be lost.

● **Don't fix the blame, fix the problem** — If you're fired, you can sit around and complain that your boss is a jerk and you are a victim. But that won't help you find a new job.

● **Find possibilities in adversity** — I know a man who was devastated when he had to declare bankruptcy. But because he was so shattered by the experience, he reclaimed others facing bankruptcy would also be in need of counseling.

He started a business to counsel people facing financial hardships, and today earns a good living and is helping others because he saw a possibility in his problems.

● **Get enthusiastic** — Difficult times can be overcome when you are energized. I've been forced to step in front of the TV cameras during difficult times in my life when my heart wasn't in my work. Yet when the camera started to roll, I forced myself to be enthusiastic. Often those were my best broadcasts. In any crisis, the person who stays upbeat will succeed.

● **Conquer your fear** — President Roosevelt was right when he said "We have nothing to fear but fear itself." During crises you have fears, but keep them in check. The more frightened you are the worse it will seem.

Concentrate on solving your troubles instead of worrying about them, and you'll always make it through.

SPIRITUAL books are a specialty of author Robert Schuller. His message has touched many spiritual hearts.

HOW TO FEEL LIKE A MILLION BUCKS IN 5 EASY STEPS!

You can improve your self-image and increase your business and social success in just five easy steps.

That's the great news from Dr. Maxie Brecher, a highly respected psychiatrist.

"Many who feel uncomfortable with those around them are handicapped when it comes to achieving the business and social success they crave and deserve," says Dr. Brecher. "They are suffering from poor self-image.

"Even those who are quite successful find they get along much better when they learn to think well of themselves."

positive things you can think of about it. Also list the negative things. By what you like most and least about yourself, you will gain an awareness of your strengths — and your weaknesses won't seem so overwhelming.

(2) Change the things you don't like about yourself. If you are like most people, your list will contain comments like "I smoke too much," and "I'm too impulsive." In almost all instances, the negative traits are habits and can therefore be changed.

(3) Sell yourself. When you have completed your list, read positive and [illegible] Then

(4) Forget about past shortcomings. Many of the things that contribute to one's distrust of poor self-image are relics of the past. It's never too late to bury the past.

(5) Reinforce your improved self-image with positive feedback. When you do something praiseworthy, tell yourself, "Hey I did great!" Practice body language which creates a sense of well-being — head held high and comfortable posture.

And remember to keep polishing your self-image.

Work at becoming a better human being.

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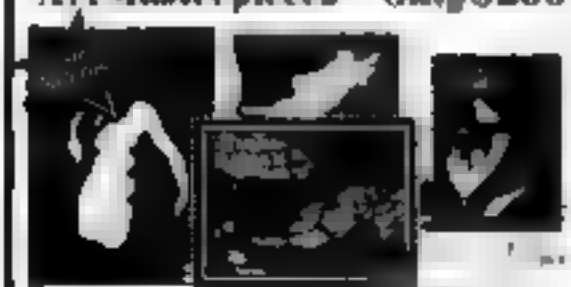

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How to suck up to the boss without sounding phony!

You can suck up to your mate, your boss or your friends — and wind up ahead of the game in 1995 — without sounding like a phony simply by following some tips from a top psychologist.

"Flattery is a good way to make others feel better — and therefore make you feel better," said Dr. Robert Fleer, who suggested:

● Slip your flattery into another statement. Telling someone, "Gee, you are smart," sounds phony. Instead, try something like "Someone as intelligent as you probably understands Clinton's Health Care proposal. Can you explain it to me?"

By making it seem that your point is not mere flattery, your compliment is more likely to be believed.

● Flatter a person's talents and abilities rather than his looks. Telling someone, "You have great taste in clothes," is much better than saying, "You have beautiful eyes."

Flattery that focuses on a person's decision-making ability goes further than flattery about his physical appearance, over which he has no control.

● Don't overdo flattery — it can make people feel uncomfortable. Really hefty flattery usually backfires because it's so unbelievable. It's hard to keep a conversation going after someone tells you, "You're beautiful," or, "You're really smart." All you can do is say, "Thank you," or offer a compliment in return.

● Flatter creatively — pick something that other people might not mention. The [redacted] with blonde hair is probably always hearing about how beautiful it is. Instead, tell her, "Your hair brings out the exquisite color of your eyes."

● If someone is fishing for flattery, offer a compliment. Suppose a friend says, "I just found this absolutely beautiful dress — what do you think of it?" If you don't like it, don't say, "It's awful," or change the subject. Instead say something like, "It's you," or, "I noticed it the minute I saw you."

● Flatter somebody by using his name. If you've just been introduced, make a point of using his name in conversation. This says you care enough to remember the name.

● Flatter silently by looking and listening. Keep a steady gaze and listen intently. That tells the person you're with that you think he is important, Dr. Fleer said.

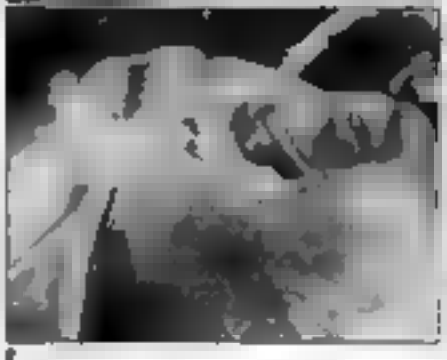
● Make sure a person enjoys being flattered. If your flattery makes the person you're with appear flustered or uncomfortable, then cut it out.

GET THE JOB YOU REALLY WANT!

Power Rangers found at North Carolina UFO site!

PUMPKIN CENTER, N.C. — The discovery of four Power Ranger action figures at a suspected UFO landing site has baffled investigators who can't figure out why space aliens would go to the trouble to steal

SURGEONS work a miracle for Sole Fernandez (below and inset) as they prepare to remove the huge tumor from her face.



Surgeons remove 36-lb. tumor from woman's face!

IN A MIRACLE of modern surgery, doctors working in two five-hour shifts removed a whopping 36-pound tumor from a young woman's face!

Grateful Sole Fernandez underwent the dramatic operation in Virginia's Norfolk General Hospital after doctors in her native Philippines refused to attempt the risky procedure.

The tumor apparently began to grow during the woman's childhood and, because of a lack of medical facilities and know-how, ballooned for 44 years!

By the time her condition came to the attention of doctors in the U.S., the growth fell to great flabby folds from the right side of her forehead and face all the way down to her breast.

took one look and said surgery to remove the growth would "change her life or kill her."

Dr. William Magee led the team that performed the operation, which required touch and go for the extra 10 hours it took to separate the growth from the muscles and nerves under the face.

Before the operation, doctors said she could not speak, stand or sit without cradling the enormous appendage in her arm. And by her own admission, she had spent her entire life avoiding the stares of

and she manages tears seeing her face in public. People now see her true beauty, which had been masked by the tumor.

Now she looks like this!

Fascinating new facts about . . . Your I.Q. and you

By DON SIMMS / Correspondent

How much do you know about intelligence and thinking? Here, in question and answer form, are some of the newest facts about brainpower:

Q. If you have a good sense of time, does it indicate that you have a higher-than-average I.Q.?

A. Yes. Studies at Yale University discovered that the ability to estimate the duration of brief periods of time, or to guess the time of day without looking at a clock, are directly connected with high intelligence.

Q. Do you need a high I.Q. to get along well in social situations?

A. No. University of California researchers have discovered that people with relatively low I.Q.'s can actually be quite gifted in the ability to understand others and get along well in social situations.

Studies also show that this ability increases with age . . . and women are better at it than men.

Q. Are the thought processes of accident-prone drivers different from other people's?

A. Yes. Psychiatric studies that compared accident-prone drivers with other people found that the accident-prone have personality traits that make them respond suddenly and impulsively when they encounter frustration.

This type of thinking causes them to size up the hazards of a particular driving situation differently than other people and to make the instant "take a chance" decisions that often result in accidents.

Q. Does the ability to think critically tend to go with certain personality traits?

A. Yes. Critical thinking — the ability to analyze and evaluate a situation objectively — is found in people who are "generally more imaginative, more independent, more trusting, more stable emotionally and less controlled" than people who have little critical thinking ability. Michigan State University studies show

WEEKLY WORLD NEWS
NEW YEAR'S SPECIAL

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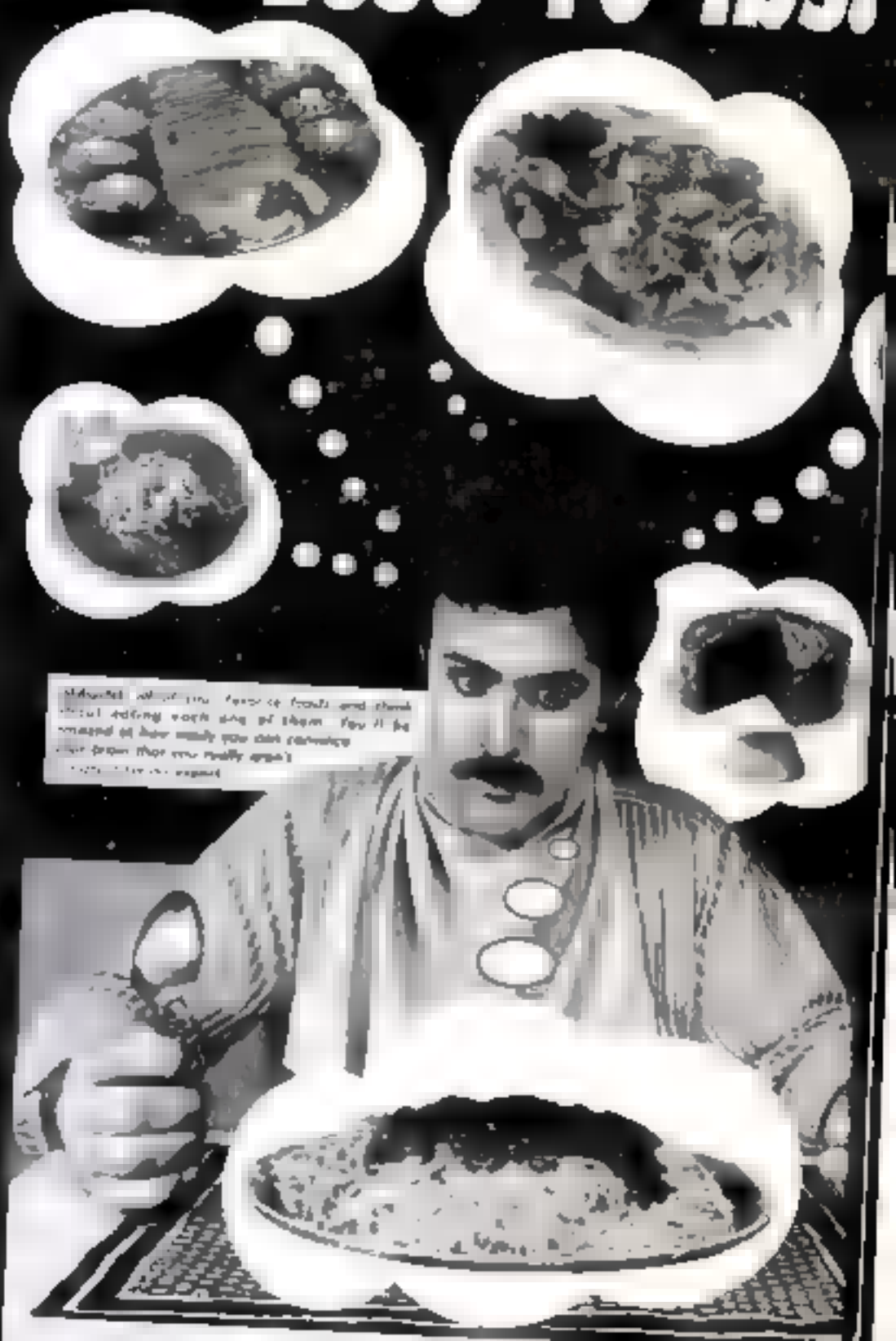
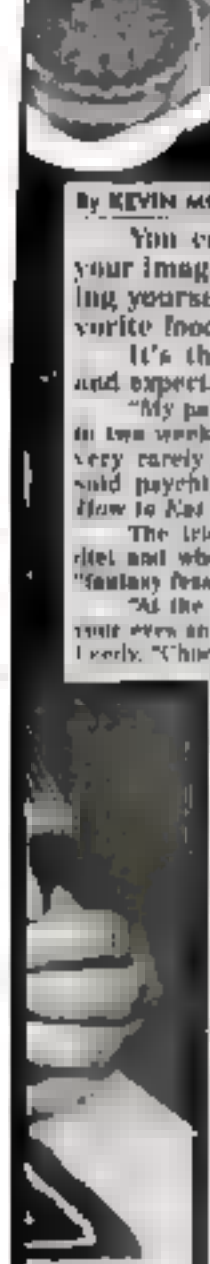


fast on the ... FANTASTIC FANTASY DIET!



By KEVIN MORRISSEY

You can lose weight by letting your imagination run wild — picturing yourself digging out on your favorite foods!

It's the Fantastic Fantasy Diet, and experts say it really works.

"My patients have dropped 10 pounds in two weeks while on the diet and tell me they very rarely felt hungry or deprived or guilty," said psychiatrist Dr. Jack Leedy, coauthor of *How to Eat Like a Thin Person.*

The trick is to follow a healthy, low-calorie diet and when the urge to binge strikes, enjoy a "fantasy feast."

"At the first signs of hunger, lean back, close your eyes and begin planning your menu," said Dr. Leedy. "Choose the foods you like most, as many as you'd like.

"Then imagine how they would look, attractively displayed on your dining room table. Smell the delicious aromas.

"A dozen pork chops . . . lots of mashed potatoes drowned in rich gravy . . . creamed vegetables . . . salad covered with dressing . . . globs of butter, whatever turns you on. It's there in your mind for the asking.

"Imagine yourself picking up a serving dish. Dip a serving spoon into it, and imagine doling out a healthy portion onto your dinner plate.

"Then move to the next dish and the next until, in your mind, your plate won't hold any more. Now dig in. Take the first forkful. Feel the resistance as you push your fork into the food and the tiny weight as you raise the fork to your mouth. Experience the explosion of sensation as your taste buds respond to that first bite.

"Chew it slowly, savoring the flavor. Feel the food going down as you swallow.

"Continue 'eating' until your plate is empty. Have seconds or thirds or as much as you want. Really live the experience.

"Amazingly, as you visualize yourself getting up from the table, you'll find your hunger is gone — and your desire for food with it."

Dr. Gary Emery, author of *Own Your Own Life*, says:

"To get the full benefit from the Fantasy Diet, carry the fantasy all the way through to the end of the meal, right up to a brandy or cigarette — or even a healthy after-dinner belch.

"Let your mind convince your body that you simply don't want anything more to eat, because you're satisfied."

With the Fantastic Fantasy Diet, he added, "your brain sends the message to your body that you've had enough to eat and you enjoy the same sensations you would if you had eaten real food — relaxation, contentment and even the feeling your stomach is full."

Dr. Leedy said, "At mealtime, you'll find you are easily able to eat a light but nutritious meal that helps you get rid of excess pounds — and not want anything more.

"It's a question of putting our 10 billion brain cells to work fooling our mere 10,000 taste buds.

"The brain will win out every time."

ONLY! How to handle the men you do with!

By [illegible] Correspondent

"[illegible] woman can [illegible] al with re- [illegible] mechanics [illegible] ary men in [illegible] ecording to

"These men [illegible] can't do without," says social psychologist, Dr. Maryon Tysoe. "Use the helpless kitten routine to make pay.

"With any luck, it will work and he will react quickly. Once he gets to your house, you must be immediately appreciative that he's arrived," said Dr. Tysoe.

"Tell him precisely what you want done, then go away and trust him to do it.

"Be cheerful, polite and friendly. Above all, pay promptly.

"If you think he's done a good job, say so. Everyone likes to be appreciated. He'll willingly come again next time you call."

BANKER: "Use a no-nonsense approach," Dr. Tysoe suggested. "Get the name of a bank official and make an appointment.

"Dress conservatively and smartly. Shake hands. Look him in the eye and address him by name. Exude confidence.

"Rehearse exactly what you want to say so you can explain efficiently and clearly what you want."

If you want a new car loan, for example, "be prepared to produce some assurance of your ability to pay it off," she said.

"Take documents showing your salary. Have a list of your outgoing expenses, such as rent and other loans."

BOSS: "Make it clear to him that you realize he's the boss. Respect his opinions. Carry out your job to the best of your ability," Dr. Tysoe recommended.

CAR MECHANIC: "Use the no-nonsense approach. Explain clearly what is wrong to the best of your knowledge. Then ask: 'What do you think it might be?' Dr. Tysoe suggested.

"Have him show you and explain to you what he intends to do — and tell you how much it will cost. Be cheerful and friendly.

"If he sells gas, buy it from him regularly, so he gets to know you and sees you're a customer worth nurturing."

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Gambling is good for you!

By RICHARD MORGAN
WW correspondent

Odds are it's better than exercise, say top psychologists!

Do you like to gamble? Don't worry, it's good for you — even if you lose all your money!

Gambling is exciting and stimulates your body just like physical exercise does, experts say.

It quickens your pulse and makes your blood run faster. Gambling even helps to relieve tension and gives you a "high" without drugs.

"Gambling is a healthy form of recreation and an emotional outlet," says Dr. Don Baucum, Ph.D., a teacher of gambling psychology.

Gambling puts you in control. You make your own decisions.

You become your own boss and get a psychological boost, Dr. Baucum observed.

"If you bet on horses or on football or baseball games, you're the one who decides which ones to go with, which ones not to go with and you're the one who decides how much to bet on one and how much to bet on another.

"If you have a routine day-to-day job in which you have very little decision making responsibility and then go out to gamble that is very healthy."

Psychologist Dr. Igor Kuvyzen says gambling makes you feel more alive because of the risk and uncertainty.

"You get a high without drugs," he said. "The excitement of winning and the disappointment of losing are very healthy. It's a form of exercise," he said.

You get the same health benefits as you would from most exercises. Dr. Kuvyzen added. "Increased heart rate, faster circulation of the blood, muscle tension and relaxation, and an increase of oxygen through the system because of more rapid breathing."

Govt. tested germ warfare on 500,000 unsuspecting Americans!

WASHINGTON — At least half a million innocent Americans have been subjected to chemical and germ warfare — by the United States government!

From 1940 to 1974 at least 210,000 of these people were unknowingly zapped with radiation and another 300,000 were dosed with potentially deadly germs and drugs to see what the effects would be.

"Many of the people who were injured in these experiments, and their families, are still trying to find out the truth about what happened," said Rep. John Conyers (Dem.-Mich.), Chairman of the House Government Operations Committee.

"It's time the whole story came out of a science-fiction novel."

Records indicate the secret tests were conducted on military personnel, hospital patients, prison inmates and patients at mental institutions.

Some of the victims volunteered to participate in the tests, but had no idea of the risks involved.

Congress is considering legislation that will provide the

Crack it open to unleash . . .

THE AMAZING HEALING POWER OF COCONUT MILK!

By BEATRICE DEXTER

One of the most potent medicines known to man is as close as your supermarket and safe enough to take every day. It's coconut milk, a soothing and delicious tonic that a leading expert says cures everything from acne and alcoholism to insomnia and impotence.

"Coconut milk does not cure every ailment but it comes close — real close." Dr Kanti Gosh, a Calcutta based nutritionist, told the medical journal *Asia Nutrition News*.

"We don't know why it works but study after study after study shows that it is both safe and effective in the treatment of a staggering variety of medical conditions.

"People have used it to beat addictions to alcohol, drugs and cigarettes. It is a wonderful treatment for acne as well as an aphrodisiac, a body tonic and beauty aid."

Although coconut milk may sound exotic, it is widely available both fresh and in cans. Even better you can drink all you want for just a few pennies a day.

Some of the medical conditions that coconut milk is said to cure are listed here. As always, consult a doctor before taking any food or medicine that can affect your health.

It cures alcoholism, makes you lose weight — and even puts zip in your love life!

● Impotence and other sexual problems. Drink two to six 8-oz. glasses daily.

● Alcohol, tobacco, drug addiction. Drink four to six glasses daily to take the edge off withdrawal symptoms. Continue until craving stops.

● Fatigue. Two large glasses, ice cold.

● Bad breath. Gargle morning, noon and night.

But remember coconut milk is no substitute for drugs or medi-

It's official — Prayer saves lives!

Science is finally starting to admit what true believers have known for thousands of years: Prayer heals sick people!

A 10-year study into the link between prayer and healing, from the University of St. Louis, has turned up some startling results. In one of them, 32 children with leukemia were divided into two groups. Two were given medical care but also received daily prayers from church members in another city.

The other eight kids got the same medical treatment but no prayers.

After 15 months, seven of the 24 children who were prayed for were still alive. Only two of the

cover. Massage liberally into skin. Allow to sit for 15 minutes. Rinse with warm water.

● Obesity. Drink one 8-oz. glass before each meal to curb your appetite.

● Stress and anxiety. Have a large glass morning, noon and before bedtime for a calming effect.

● Hangover. One glass, hot.

● Headache. One small glass, warm, whenever the symptoms begin.

● Arthritis. One cup, daily.

● Bad breath. Gargle morning, noon and night.

But remember coconut milk is no substitute for drugs or medi-

How you can wake up looking like a million bucks!

Hey ladies, you don't have to wake up with tangled hair, puffy eyes and bad breath. With just a little effort the night before, any woman can start the day looking beautiful!

That's the advice of beauty experts Georgette Klinger and Marion Rodriguez, who say by spending 30 minutes on beauty care at night, you can start the day looking your [illegible]. For example:

● Spend as much time removing makeup as you did putting it on. All the tugging and pulling causes premature lines around the eyes. Use a water-based remover pad and gently pat makeup off.

● Don't use heavy oils and creams at night. The oils seep into tear ducts, causing puffiness around the eyes in the morning.

● Clean oily skin with a strong cleansing agent every night — and be sure not to use night creams.

● Use a non-astringent cleanser on dry skin, then use a non-greasy cream. A half hour before going to bed, apply a night cream or moisturizer which is nearly transparent on the skin, a totally absorbent cream which blends in immediately. Then, just before going to bed, dampen a cotton ball with ice water. Put it over your entire face, being careful not to rub.

● Never wear curlers to bed. Wash your hair and use a tangle-free conditioner. Blow your hair dry and brush it to keep it from being tangled in the morning.

● Keep your breath fresh. Use dental floss or a water pick at night. [illegible] will keep your mouth from having a sour odor in the morning.

WEEKLY WORLD NEWS

NEW YEAR'S SPECIAL

The real secret of success!

By REV. ROBERT SCHULLER

You can be a winner! How? By understanding a simple "secret" shared by peak performers in every field — success is never ending and failure is never final.

Success is a continuing process of going through good times and bad, ups and downs, and of learning the ins and outs of life.

Even an apparent failure can become an important ingredient in the process of success.

An attorney friend of mine, for example, did his best, but lost a case.

Does that mean the lawyer failed?

No! He learned something important about his courtroom technique that will make him a better attorney and more successful in his career.

Here are nine techniques you can use to become a success:

1. Scrutinize your values. Make honesty the key principle of your life. Don't lie, cheat or steal. Live by the rule that your word is your bond — and people will know they can count on you.

2. Itemize your assets. Your financial assets, like real estate, jewelry and clothes might [illegible] — but your greatest assets are hidden assets — your knowledge, experience, friends, faith and determination to succeed.

3. Prioritize your goals. Carefully weigh all the demands being made on you. Assign each demand its own value. Then decide on your primary goal and give it your highest priority.

4. Reorganize your calendar. Do some long-range planning. Set aside time for your family and friends, as well as recreation and leisure time for yourself.

5. Visualize your objectives. Pick out a specific goal. See it in your mind's eye. Then picture yourself accomplishing it.

6. Capitalize on your experiences. Learn from your failures. Figure out why you failed, then use that knowledge to do better next time.

7. Exercise every part of yourself. Meditate, pray, read or do some physical exercise every day.

8. Organize your support network. Look at your network of friends, relatives and co-workers.

If one of them has something you need, approach the person with a positive attitude and ask for their help. Be specific about what you want and start small.

9. Revitalize your imagination. Imagination ignites the creative fires in the hearts of winners. Mix with other winners — people who see your potential and affirm your value.

Read inspiring stories. Watch everything that's happening around you and you'll see people who are just like yourself accomplishing great things.

Don't let another day go by without exploring your own road to success. Make up your mind right now to become one of life's winners.

Remember — success is never ending and failure is

REV. Robert Schuller

The important tool I ever met once sold me a kitchen gadget I had no use for. It was just before Christmas and I'd had my fill of door-to-door salesmen. When I heard another knock at the door, I was prepared to tell off the caller. But it turned out to be this young boy and when he said, "Hi! Is your mother home?" I knew I was licked.

X-RAY SHOWS L

IN MAN'S STO

Doctors were astonished when they investigated [redacted] weird fluttering in Henry Bender's abdomen — [redacted] discovered that a live snake is trapped [redacted] man's stomach!

[redacted] 12-inch [redacted] — [redacted] [redacted] up on X-rays — apparently crawled into the truck driver's mouth and down [redacted] throat [redacted] ago while he was passed out on a park [redacted] in Miami, [redacted].

Experts [redacted] how it continues to live in- [redacted] the man's [redacted], but because 35-year-old [redacted]- er [redacted] in [redacted] they must wait until the animal dies before it can be removed.

"It's the most amazing thing I've [redacted] — there's no case like it in [redacted] of medicine," said a phy- [redacted] has cared for Bender dur- [redacted]

"The snake is getting weaker but it [redacted] has a lot of life left. As far as we can tell, it's not poisonous and has done no real damage to the patient's stomach.

"Mr Bender complains of occasional cramping and does not sleep well because of the movement in his stomach.

"[redacted] won't [redacted] an operation [redacted] he's afraid to go under the surgeon's knife."

According to his physicians, Bender [redacted] to a clinic in [redacted] complaining of strange sensations in his abdomen.

The man told doctors he had driven from Ohio to Florida with a truckload of [redacted] supplies, had too much to drink one night and passed out on a park bench. When he woke up he felt a "twisting, squirmy" feeling in his belly.

Afraid that he was suffering from appendicitis or worse, Bender [redacted] doctors to calm his queasy innards. But when X-rays revealed

Sicko dad rapes the bride — on her wedding day!

A proud dad took one look at his beautiful daughter in her bridal gown shortly before the wedding ceremony — and sexually assaulted her.

The terrified bride-to-be, [redacted] is now 33, said the brutal assault occurred 14 years ago in the living room of the family home a few minutes before her weirdo father was to give her away at the wedding.

A jury in Mansteg, Wales, heard testimony that the father — a strict disciplinarian who beat his children with a stick — had been assaulting the young bride [redacted] was a schoolgirl.

She said it was one of a string of sex attacks — including rape — against her and her sister. Crown prosecutor Roger [redacted] undress her and rape her. It was likely the girl's mother knew, but "was too scared to speak out," he said. The sexual attacks continued right up to her wedding day, the daughter testified. "I was too frightened to tell anyone at the time because my dad told me it would mean the end of the marriage and that my mum would be taken away from us," she said.

Her father, now 68, has admitted one charge [redacted] but denies four other [redacted] of incest, four of rape, five of indecent assault and three other sexual offenses involving his two daughters.

His trial continues.

[redacted] YOU quit watching TV [redacted] $1,000,000?

Fifty percent of all Americans watch so much TV that they wouldn't give it up — even for a million bucks!

That's astonishing in a recent survey [redacted] percent of us leave the boob tube on even if we're not watching it.

The survey also revealed that most American men will turn on a TV if it's all

IVE SNAKE TRAPPED

MACH

that there was a frightening snake in his stomach he panicked.

"We gave him a CAT scan and we could see the snake moving around inside his stomach," the physician said. "The thing was definitely alive! We'd poke at it and it would react.

"We told Brenden he'd better get the snake removed surgically, but he absolutely refuses to have an operation because he's terrified of surgery. He has no family so with out his permission, we're forced to wait until the snake dies and then try to get him to pass it by filling him full of laxatives."

Doctors say there still remains the possibility that the snake might bite Brenden's insides before it dies. And there is the danger that the creature will damage the patient's stomach with all its writhing and squirming. So Brenden is staying at the hospital under observation until the snake is finally eliminated by his body.

X-RAY of the snake in teacher Manny Bernal's stomach, as interpreted by surgeons.

...but he refuses to let docs take it out!

The most mind-boggling true encounter ever recorded!

Space aliens made me blind and psychic!

MARIANNE at age 11

Grandmother relives UFO abduction in exclusive interview

SPACE ALIENS kidnapped Marianne 42 years ago.

By JACK ALEXANDER / Staff writer

An eerie encounter with space aliens 42 years ago left Marianne Shenefield totally blind — but with amazing psychic powers!

In an exclusive interview, the 53-year-old Mississippi grandmother relived that frightening experience and made these startling revelations.

The United States and most of the world is inhabited by visitors from other planets "who come and go as they please."

These extraterrestrials have a grayish color to their skin. But otherwise look, act and talk like us. Most, but not all of them, mean us no harm.

They are superintelligent beings with enormous powers to cause tornadoes, hurricanes, typhoons and even earthquakes.

"The hurricanes and earthquakes we've had over the last few years have made me very frightened," Marianne told Weekly World News.

"It could be Mother Nature . . . or it could be them."

Marianne was 11 when she was abducted while playing in the backyard of her parents' home in Agawam, Mass.

"A small Oriental-looking boy in a greenish-black skin-diving outfit with a large metal helmet put his hand on my head," she said.

"I felt like I was floating as he led me to a silver spaceship. Another alien sat me in front of a large TV screen that showed my internal organs and brain waves.

"I screamed for my parents, but no help came. I was so terrified I threw up all over one of the aliens.

"Then they tried to attach a hose with something like an egg beater thing to my mouth."

The six aliens aboard the spaceship had grayish skin and spoke English in mechanical-sounding voices.

After testing her emotional responses by pressing buttons on a silver box, the aliens left her on a hill near her home, dazed and disoriented.

"They warned me to look away when they took off," she said.

"I remember seeing a bright flash of light."

Five months later, Marianne's eyesight deteriorated. The diagnosis: Bilateral degeneration of the macula, a genetic disease usually affecting the aged. "Since I have no genetic history of this eye disease, doctors speculate rays from the giant TV screen on the spaceship either created my blindness or speeded up the eye deterioration process."

Marianne has been totally blind for 42 years, but has the incredible ability to see the energy emanations in people, animals and plants.

A renowned expert on psychic phenomenon, Dr. Andrija Puharich, says Marianne has developed an extraordinary psychic power because of the alien encounter and resulting blindness. "Marianne is psychic. She can read what you're thinking by observing the auras of your body," said Dr. Puharich. "Psychics believe aura is an ethereal photo that arises from and surrounds a person like a halo and is invisible to most people." Dr. Puharich and two other psychiatrists say Marianne is "for real."

They have taped her alien encounter experience while she was under the influence of sodium amithal, a truth serum.

"My special powers allow me to spot aliens because they have a different aura than us. Their body mechanisms are different."

Marianne has seen space aliens walking the streets of Boston as recently as five years ago.

She saw several of them in New York City and one extraterrestrial knocked on the front door of her home in Mexico.

"I know some of your readers will think I'm a kook, but for whatever reasons, the space aliens made me blind and psychic.

I can explode a TV or pop a light bulb by just thinking about it.

"And I can literally see right through people," said Marianne.

Man leaves this world with a bang!

PITTSBURGH, Pa. — Fireworks aficionado Brian Kelly was buried with a bang — when his ashes were sent up in a giant skyrocket!

Kelly, 34, died after intestinal surgery and was cremated. He had asked relatives to pack his ashes into a 12-inch-round shell and shoot him into the sky.

"He said, 'I want to be a big firecracker,'" said his sister, Beth Hill. Kelly's remains were blasted into the night sky and exploded into red and green stars with sparkling white comet tails.

Do YOU have: | A mystery illness? | [illegible] memory [illegible]? | [illegible] dreams?

YOU MAY HAVE BEEN ABDUCTED . . . & don't even know it!

UFO EXPERT says many people have been abducted by space aliens but can't remember it.

HERE'S HOW YOU CAN TELL:

By JENNIFER BROOKES
Correspondent

Space aliens often erase the memories of people they abduct. But you can still determine if you've been taken aboard a starship or [illegible] by [illegible] trials with tips from two of the world's leading experts.

All you have to do is check for the tell-tale signs of alien abduction, including memory loss, sudden illness, unusual dreams, missing hair, bruises or strange marks on your body.

Those symptoms almost certainly indicate that you've been abducted by space aliens.

"Many people have been abducted by space aliens but can't remember anything about their abductions," said Dr. Brad Steiger, author of the best-selling book, *The UFO Abductors*.

"UFO abductees often find they have black spots in their memories. In some cases it is simply a tantalizing sensation that there is something they are trying to remember but can't recall."

Another expert said: "Abductees frequently have recurring dreams or daylight [illegible] beings, spacecraft or extraterrestrial realms.

"They [illegible] unexplained wounds or scars. [illegible] they mysteriously [illegible] or suffer from physical [illegible] lesions."

According to Dr. Steiger, the warning signs of alien abduction are:

- The mysterious onset of illness, including insomnia, loss of appetite, nausea, headaches, a rash or fatigue.
- The nagging sensation of having "lost" a period of time.
- Unexplained scars, marks, burns or missing hair, suggestive of medical examination by aliens.
- Recurring dreams. Some common images include extraterrestrial worlds or landscapes and crystal cities.

If you suspect you've been abducted by aliens because you have one or more of these symptoms, Dr. Steiger advises you to look in your phone book and contact the UFO organization [illegible] you.

They should [illegible] to put you in touch with someone who can [illegible] and re-

Blind justice!

SANTA ANA, Calif. — A murder trial came to a screeching halt here — when a juror accidentally glued her right eye shut!

Witnesses said the 45-year-old woman was in a courthouse rest room during a brief recess in the trial when she mistook a container of nail adhesive for contact lens wash and applied it to her eye.

The shaken lady returned to the courtroom holding a paper towel over the eye. She asked for help and was rushed to a hospital, where doctors flushed her eye with a saline solution, allowing her to open it.

Fun Quiz

Do you recognize these famous faces?

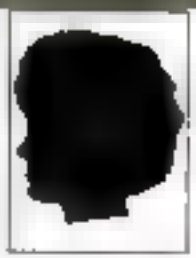
Some of the world's most recognizable faces are on this page — in silhouette. Can you name the eight celebrities "profiled" here? The correct answers are at right.

1. When a prince kissed this beauty, she began a royal, though rocky, life.

2. Newsmen'd a guy who enjoyed hanging people up most bedtime.

3. After a rocky beginning, this actor fought hard to become a top person.

4. She started out innocent in velvet, but we've seen plenty of passion from her.



5. The truth is this blonde's ambition is being daring and she never acts like a virgin.

6. Most women would love dirty dancing with this happily married star, but they don't have a ghost of a chance.

7. This funny girl recalls the way we were.

8. Even in profile, you can read his lips.

ANSWERS: *1. Princess Di; 2. Johnny Carson; 3. Sylvester Stallone; 4. Elizabeth Taylor; 5. Madonna; 6. Patrick Swayze; 7. Barbra Streisand; 8. George Bush.*

4 EASY WAYS TO BUILD UP SELF-CONFIDENCE

You can boost your self-esteem sky-high with this easy plan for self-confidence, experts say. All you need to do is follow these four simple steps:

1. Learn to say "no."

Start the next time you're in a restaurant and the waitress is showing you to your table.

Look around and choose the one YOU want. Instead of meekly accepting the place she shows you in the corner, tell her, "No, not that one. I'd like to sit over there." Be firm, not hostile.

When you say the word "no" and mean it, you'll get more respect from others — and bolster your self-confidence.

2. Take aim at your fears.

Exactly what are your fears? Making conversation with strangers? Asking for a raise? Tackle them one at a time starting with the least difficult.

First, rehearse. In a quiet room mentally walk yourself through the situation you fear. Use a mirror to practice.

By mastering each of the fears on your list, one at a time, you'll build up your self-esteem.

3. Be yourself — don't compare yourself to other people.

Confidence comes with being yourself and developing your own strong personality. Worrying about how you stack up against others is not only a waste of energy, it creates a breeding ground for self-doubt.

4. Focus on success — not failure. Getting preoccupied with thoughts of failure can lock you into a vicious cycle. Self-doubt intensifies your lack of self-confidence.

Concentrate on your goals, ambitions and successes.

Remember, quitters earn no respect. Go-getters do. If your focus in life is on failure, that's what you're aiming at. If it's on success, your whole outlook will become positive — and you will maintain direction that self-confidence can crown.

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YOUR NOSE KNOWS!

By ELAINE ROBERTS / Correspondent

Your nose can actually signal health problems throughout the rest of your body, medical experts say.

"It's true!" declares Dr. Robert S. Mendelsohn, former associate professor of preventive medicine at the University of Illinois.

"The condition of a patient's nose can tell you how the heart, stomach and other internal organs are performing."

And Dr. Keith Block, an expert in the art of "facial diagnosis" who has practiced the technique on hundreds of patients, revealed the following observations.

"If the tip of your nose is swollen, this can indicate that your heart is also swollen or enlarged.

"If the tip of your nose is very hard, this might signal hardening of the arteries, high cholesterol and fatty deposits in the area of the heart."

An elongated dimple or indentation in the center of the nose can be a warning of "an irregular heartbeat," according to Dr. Block.

"Bumps on the nose may mean pancreas or kidney trouble," the expert added.

"Crooked noses can indicate that you have inherited the physical constitution of either your father or mother.

"A nose that slants to the right can signify that the mother's constitution is dominant.

"A left slant may indicate that the father's constitution is dominant. Large noses indicate strong constitutions ... while swollen noses may indicate a weaker makeup.

"Red noses can be a sign of heart and circulatory trouble.

"A slight discoloration, with a brown, blue or black hue, can be a signal you'll have problems with your spleen or pancreas. Black heads on the nose reflect an overconsumption of dairy products and oily food."

Dr. Block, author of a book about facial diagnosis, says your eyebrows reveal a wide range of detailed information about your health, too.

"If you have large eyebrows, you have a strong constitution. People with bushy, fat eyebrows generally have a strong constitution but may be prone to liver, spleen, pancreas, kidney and heart problems. People with skinny or thin eyebrows may have stomach and intestinal problems.

"People with red eyebrows may have problems with the spleen and the lymph, heart and circulatory systems."

The shape, color and size of your nose tells if you have:

- **Heart disease**
- **Cancer**
- **Liver disease**
- **Kidney failure**
- **High cholesterol**
- **Skin problems and more!**

How to use the phone to get anything you want!

You can get what you want when using the telephone in 1985, whether it's a date or a successful business deal — by following a few pointers from an expert.

"Not everyone really knows how to make the best use of their voice over the telephone to get what they want," said Robert Eastun, dialect coach to some of Hollywood's hottest stars.

"If you follow these tips, you can have much more effective phone communication." Here is Eastun's advice for using the phone effectively:

■ Answer your phone in a warm, pleasant manner, as if you're expecting good news. You'll convey a positive feeling to the other person. If you answer apprehensively, you'll convey the feeling you'd rather be doing anything else than talking to them on the phone.

■ Use both high and low tones when you talk. This prevents monotony and also keeps the other person interested.

■ Pronounce your words clearly and distinctly. This will help you to be understood. And talk loudly enough to be heard clearly — without speaking so loudly that you blast the other person's ears.

■ Don't talk too long at one stretch without letting the other person respond. People get bored listening to a monologue on the other end of the line.

■ Do not interrupt. Interrupting makes the person you are talking to think you aren't interested in what he's saying.

■ Listen carefully to what the other person is saying. While they're talking, don't let your mind wander to what you're going to say next.

They might ask you a question that'll reveal you weren't paying attention.

■ Close conversations gracefully, even if you're in a hurry to get off the line. Say something like, "I'd love to talk more, but I'm late for an appointment."

Said Eastun, "Good telephone communication boils down to good manners, tact and diplomacy."

SERENA SABAK'S LUCKY

You can shape your destiny and start the new year off with a bang with our top psychic's lucky number guide for 1995!

After months of painstaking research and study, Serena Sabak has assigned numerical values to the most powerful astrological influences that will work for you through the new year.

These numbers indicate the best dates of each month for you to achieve your goals in the areas of romance, money, home and work.

Big raises, new lovers, better family relations or a sensational lottery win are just a few of the ways you can benefit from Serena's magic lucky numbers. Find yours under your sun sign below.

ARIES

Mar. 21 - Apr. 19

Romance: 7, 9, 15, 26. Tend to affairs of the heart on these dates. Spend time with your sweetheart on the 9th of each month.

Money: 4, 10, 17, 19, 23, 31. Tend to finances on these dates. The numbers are sure winners when you play the lottery or games of chance.

Home: 8, 11, 14, 15, 23. Invite people into your home on these dates. Make major purchases on the 11th and 23rd of any month next year.

Work: 3, 9, 20, 21. Seek raises or promotions on these dates. Improve relations with co-workers or look for new jobs on the 20th and 21st.

TAURUS

Apr. 20 - May 20

Romance: 1, 7, 12, 19, 24. Look for a new sweetheart or improve relations with your mate on these dates. Be especially mindful of any romantic situation in which your lucky numbers crop up.

Money: 9, 12, 16, 17, 20, 25. Kick off moneymaking projects on these dates. These are your lucky lottery numbers, too.

Home: 1, 7, 15, 16, 26. Improve family relations on these dates. The 7th, 16th and 26th of the month are ideal times to invite people into your home.

Work: 7, 9, 14, 18, 27. Seek promotions and added respect on these dates. If it's a raise you want, ask the boss to boost your hourly wage to one of your lucky numbers, such as $15 an hour.

GEMINI

May 21 - June 20

Romance: 1, 3, 11, 12. Plan family get-togethers on these dates.

Work: 9, 10, 15, 24, 26. Take calculated risks to improve your on-the-job standing on these dates. Ask for a raise or added responsibilities on the 15th of the month.

CANCER

June 21 - July 22

Romance: 10, 17, 18, 19. Your any anger you have toward your sweetheart on these dates. These are also the days to pursue any love interests.

Money: 1, 5, 11, 15, 23, 26. Play these numbers in lottery or numbers games. Enter contests on these dates. Sign contracts on the 11th or 15th of the month.

Home: 4, 5, 9, 11. Home additions or improvements will go under if you start them on these dates.

Work: 1, 3, 13, 28. Bosses or supervisors will be open to your ideas and requests on these dates.

LEO

July 23 - Aug. 22

Romance: 1, 5, 17, 28. The opposite sex will find you most desirable on these dates. Act accordingly — and don't be bashful.

Money: 4, 5, 8, 13, 24. These numbers will bear fruit in any game of chance. Make major purchases or investments on these dates.

Home: 17, 23, 26. Remodels and family relations can easily be improved or enhanced on these heart on these dates. Pay close attention to any romantic activity that is associated with your lucky numbers.

Money: 2, 5, 6, 18, 26, 30. Play the lottery or numbers games with these numbers. Boost your chances of winning contests by entering on these dates.

Home: 1, 3, 11, 12. Plan family get-togethers on these dates.

Work: 9, 10, 15, 24, 26. Take calculated risks to improve your on-the-job standing on these dates. Ask for a raise or added responsibilities on the 15th of the month.

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Money: 4, 5, 8, 13, 24. These numbers will bear fruit in any game of chance. Make major purchases or investments on these dates.

Home: 17, 23, 26. Remodels and family relations can easily be improved or enhanced on these dates.

Work: 1, 2, 11, 12. Plan meetings with co-workers on these dates. Ask for raises or promotions on the 11th or 12th of the month.

VIRGO

Aug. 23 - Sept. 22

Romance: 4, 5, 12, 16, 25. Tend to any affair of the heart on these dates. Be especially mindful of situations in which your lucky numbers crop up.

Money: 2, 9, 11, 14, 19, 30. Play these numbers in games of chance.

Boost your odds of winning contests by entering on the 9th and 19th of each month.

Home: 4, 16, 20, 23. Improve family relations on these dates. Inviting friends or co-workers into your home on the 16th, 20th or 30th would be most beneficial.

Work: 1, 5, 11, 20. Seek added responsibilities and the extra money that goes with them on these dates.

LIBRA

Sept. 23 - Oct. 22

Romance: 2, 4, 8, 14, 21. Take romantic risks on these dates. The 8th, 14th and 21st are especially good times to dump an old flame.

Money: 5, 12, 14, 22, 24, 26. Play these numbers in lotteries. Sign contracts, enter contests or gamble on these dates.

Home: 3, 11, 23, 31. Invite people into your home on these dates. Hold off making major purchases until the 3rd or 31st if you can.

Work: 16, 24, 26, 28. Discuss your goals with bosses or supervisors on these dates.

SCORPIO

Oct. 23 - Nov. 21

Romance: 4, 7, 12, 20, 24. Marry on one of these dates to ensure yourself many years of happiness. Patching up differences with suitors or sweethearts will be a meeting projects on the 1st, 7th and 16th.

Home: 5, 6, 9, 16. Straighten out derelict family members on these dates. Invite friends into your home on the 16th and 9th. Start improvement projects on the 16th.

Work: 4, 18, 22, 28. Toot your own horn on these dates. Raises, promotions and schedule changes should be addressed on the 18th, 22nd or 28th.

SAGITTARIUS

Nov. 22 - Dec. 21

Romance: 1, 4, 14, 18. Tend to any affairs of the heart on these dates. Look for new love interests on the 1st, 14th and 18th.

Money: 3, 14, 13, 22, 23, 27. Play these numbers in games of chance, especially lotteries. Make major purchases on the 22nd 23rd or 27th.

Home: 17, 19, 20, 24. Tackle big chores on these dates. Spend quality time with family members on the 19th.

Work: 8, 7, 13, 14, 21. Seek better relations with co-workers on these dates. Ask for raises, promotions and schedule changes on the 13rd, 24th and 27th.

CAPRICORN

Dec. 22 - Jan. 19

Romance: 19, 23, 27, 30, 31. Draw secrets out of your mate or sweetheart on these dates. You'll be the most attractive to the opposite sex on the 19th and 31st.

Money: 8, 13, 15, 18, 22, 24. Play these numbers in any game of chance. Enter contests and sweepstakes on the 8th, 13th and 24th. Major purchases are best made on the 23rd.

Home: 3, 5, 19, 22. Family get-togethers will be most beneficial on these dates. Complicated repairs or chores will go smoothly on the 3rd and 22nd.

Work: 7, 12, 14, 29. Co-workers will be especially cooperative on these dates. Extra effort on the 12th, 14th and 29th will pay dividends.

AQUARIUS

NUMBERS FOR 1995!

Your guide to love, success & happiness

TOP PSYCHIC Serena Saint says, "Let my lucky numbers guide your destiny."

your mate or sweetheart on the 10th and 19th.

Money: 7, 7, 8, 20, 25, 27. Play games of chance with these numbers. Enter contests on the 2nd, 7th and 20th. Sign contracts on the 8th and 25th.

Home: 2, 4, 12, 14, 26. Entertain or spend quality time with family members on these dates.

Shop for household goods, including furniture and appliances on the 3rd, 14th and 24th.

Work: 5, 9, 16, 23, 30. Strive to improve relations with coworkers and higher-ups on these dates.

Seek raises or promotions on the 16th.

PISCES
Feb. 19 - Mar. 20

Romance: 10, 15, 18, 22, 26. Tend to affairs of the heart on these dates. Spend time alone with your sweetheart on the 10th, 22nd and 26th.

Money: 2, 7, 9, 17, 12, 21. Enter contests, sign contracts and make major purchases on these dates. Play the numbers in any game of chance.

Home: 2, 4, 8, 11, 23. Speak frankly from the heart with family members on these dates.

Tackle big chores and projects on the 12th and 23rd.

Work: 1, 3, 11, 19, 31. Demand the credit and respect you deserve on these dates.

Seek promotions and raises on the 19th. Enter on the

DOUBLE YOUR DIET POWER!

Get slim and trim in half the time . . . with the help of a friend!

Help! That's the first thing you should think of when you launch yourself on a diet that tests your willpower.

By MORGAN BARSTAIR
Correspondent

What the going gets tough turn to your spouse, a close friend or co-worker for active support -- and you'll be amazed at how much easier it is to stick to your diet and lose weight. Results: A leaner, happier and healthier you to enjoy.

In a recent study, diet expert Dr. Kelly Brownell, co-author of The Partnership Diet Program, found that dieters who had help from partners lost twice as much weight as those who didn't.

The first step is to find a suitable partner -- someone you can trust and respect. Once you've found a partner you're ready to go.

DIETER'S ROLE

- Make specific helpful suggestions to your partner, such as, "It's better when you avoid snacking in front of me."
- Reinforce your partner's good behavior by showing appreciation for anything he or she does to help you stick to your program.
- Eat with your partner when ever possible.
- Learn to leave food on your plate. Throw away scrap leftovers.
- Eat at the same time every day, in the same place and make sure you do nothing but eat during meals. No reading or watching TV.
- Keep a calorie diary of everything you eat. If you're female, try not to go over 1,200 calories a day. Men should limit their intake to 1,800 calories.

PARTNER'S ROLE

- Be prepared to give of your time and eat as many meals as possible with the dieter.
- Give compliments when they are deserved, such as, "That's great. You're really sticking with it!"
- Whenever possible, do the food shopping yourself and serve the meals yourself so portions will not be too big and the dieter's contact with food will be minimal.
- Prepare a model of good eating habits. This reminds the dieter to do the same and shows you're committed.
- Help the dieter resist temptation by providing lively conversation during meals.

TV GAME SHOWS TUNE OUT STRESS!

Do you want to relieve stress? First tune in to a TV game show, say two psychiatrists.

"Watching TV game shows is just like a tonic when you're filled with stress," said Dr. Elmer Breitner.

Dr. Alfred J. Pass agreed. "TV game shows are certainly one of the best and easiest therapies for stress."

Game shows fight stress in several ways, said Dr. Breitner.

"They drag you in as a participant and before you know it you're involved and your cares are forgotten," he explained.

"Game shows also perform one of your earliest fantasies, in which dreams of getting incredible things come true. Trips around the world, Cadillacs, furniture -- they're all given away before your eyes.

"Just knowing that without can be granted makes you feel better."

Watching game shows can also raise your self esteem, he said.

"You find yourself superior to the contestants appearing on the show.

"You come up with the right answers when the contestants blow it.

"You can also feel superior because of the weird way a lot of contestants act. They wear crazy clothes, leap around the set, and scream and holler like a bunch of fools.

"No matter how low you felt before, you know you're not making an idiot of yourself before the entire country."

Game shows can also bring families closer together, said Dr. Blaine.

"Before you know it, the whole family is involved in a fun activity.

"Each tries to put an answer and enjoys competing with the others. There's no stress, no danger. You're sharing a fun-filled experience with your family -- and that's

THE FOUR THINGS A WIFE CAN DO TO HELP HER HUBBY GET RICH!

You can help your husband get ahead and earn more money by practicing some tried and true techniques that have enabled other women to spur their mates on to success.

By RACHEL TREMONT
(Correspondent)

One woman, Pat B. of Belleville, Ill., played a key role in helping her husband get out of a dead-end job as a bookkeeper and start his own business.

"He never felt like he was getting anywhere," said Pat.

"His hobby had been photography, but his dream was to open a rubber stamp and engraving business.

"We didn't have the capital for him to open the rubber stamp and engraving business so while he was still bookkeeping, he began doing photography as a sideline.

"When we amassed enough capital my husband was able to buy a house not far from ours and set up his rubber stamp and engraving business.

"If a wife is going to help her husband it's important that she take her own strengths as well as her husband's into account.

"In the photography business, I was especially good at the work which saved my husband. By keeping things in order, I was able to free him to do more of the aspects of photography that he was good at."

Pat said she also helped her husband by:

● **Building his ego.** "The main thing a wife can provide is encouragement. So I say things like 'Come on, you can make it,' or 'If you don't make it, so what? We'll start some other new idea. We'll come up with something else.'"

● **Running a "tight ship" at home.** "I take care of as much management of the house as I can so he doesn't have to worry about anything. I also try to make the home as pleasant as possible for him and I don't greet him at the door with a list of problems."

● **Refrain from nagging.** "If things go wrong and if money isn't coming in fast enough, I don't get upset. And when he would tell me that he had to work extra hours, I never made him feel like I was being deprived of his companionship."

Making sacrifices is a must if you want to help your husband succeed, says Julie A., who played an indispensable role in helping her husband open a restaurant in Lakeland, Fla.

"We sold our house to go into this business. We lived here in the restaurant for two and a half years. So you can see that I do believe in making sacrifices."

Julie believes wives who want to help their husbands get ahead should plan

● **Know when to leave their men alone.** "I'm in a good position to see the pressures of my husband's business.

"So when we get home and I'm talking to him and I see that he wants to keep on reading his book, then I just forget it and go do something else."

Helpful tips to keep your carpets looking like new!

You can keep your carpets looking new for years, experts say — just by following a few simple tips. Among them:

● Vacuum, vacuum, vacuum. Vacuuming your carpets gets the dirt out before it has a chance to sink into the backing and increase wear. Spot clean spills as soon as they occur. Stains and spills are left on rug fibers too long. Avoid strong household cleaners when cleaning up a spill because these might bleach carpet fibers or attract dirt to them. If you don't know what to

● Select carpets that suit your lifestyle. You don't want white carpeting if you have a houseful of kids or pets. Browns and tans hide dirt best, and carpets with variations in

REDNECK DIET!

Here's how real men keep their beer bellies in line

By JENNIFER BROOKES / Correspondent

There are exercise books for [illegible] folks, [illegible] pregnant gals [illegible] even for executives — and in [illegible] they've got one [illegible] real men!

The Redneck Exercise Book by Paul Johnson and Nell Weaver is for good ol' boys who want to trim the beer belly for the New Year — but wouldn't be caught dead mincing around in pink tights at some prissy aerobic spa.

Rednecks normally get enough exercise hefting a can of beer and belching — but every once in a while they can get a little over weight.

The problem is that rednecks don't like doing anything unnatural, like rowing for hours on a $800 rowing machine or swimming laps in an indoor pool.

"If a man wants to row, let him row a flat bottom boat through a south Arkansas swamp lookin' for garfish and alligators," says the book, published by Rose Publishing Co., Little Rock, Ark.

Here are some specific exercises designed for good ol' boys:

PICK your teeth after a good meal of popcorn to strengthen arm and shoulder muscles.

● Rednecks can strengthen their arm and shoulder muscles after meals by picking their teeth.

Instead of a toothpick use a 2-foot, 4-pound crowbar. "A crowbar'll work just as good as any toothpick," says the book.

● Flabby jaw and neck muscles can be firmed by chewing a chaw of tobacco.

● A good all-around conditioner that gives an "air-robick" is washing and waxing your pickup truck.

Don't forget to cool down slowly afterward with a six-pack of beer.

● Rednecks can tone up their arm and back muscles by getting down on their knees and shooting a few hours of craps.

SHOOT craps to tone those back and arm muscles.

CRUSH your empty beer cans for a daily workout. Do a six-pack for extra conditioning.

Alternate hands to give them an even workout.

● To strengthen your grip is no problem for rednecks.

Merely crush your beer can after draining it. A good workout would be a six pack.

● Cranking your new bass boat to the trailer every Saturday night will have you looking like Clint Eastwood before you know it.

● Sweat off weight at an exciting night of hot-rod racing and tractor pulls.

When you get 8,000 good ol' boys and their families packed tight in the stands, it's better than any sauna.

● Plenty of squirrel hunting will help melt away the pounds.

Sometimes you can run as much as a full-fledged marathon race chasing those little critters.

Survey reveals . . .

Folks with sloppy handwriting have higher I.Q.s

People with sloppy handwriting have higher I.Q.s than folks with neat handwriting, a surprising new survey reveals!

The research involved more than 4,400 subjects and proved that people whose handwriting was categorized as "nearly unreadable" had average I.Q.s of 127 compared to 109 for folks with prim and proper writing.

People whose handwriting falls in the middle had I.Q.s averaging 117.

PSST! HEY GALS . . .

Here's how to hang on to your guy!

9 surefire tips to keep him from roving

By PAM WELLS/*Correspondent*

Gals who want to hang on to their guys in 1995 had better forget [redacted] tidying around the house or whipping up yummy dinners.

The key to holding on to your [redacted] is to keep yourself looking like a glamor gal, says a top European fashion model.

"Take care of yourself and your man will take care of you," says Natalie Herron, a Paris beauty who says she has dated some of the world's top bachelors.

Here are her other tips for keeping a man from straying:

● **Flattery is the best policy. Make a fuss over your guy by picking out his good points and praising him on them.**

Even if he's a fat blimp, he's got to have some attractive feature.

● **Never chew your nails.** Guys may not mention nails but they notice them.

The one thing no man likes is a lady's hand with chewed up fingernails. And it's a good idea to keep your toenails in shape, too.

● **Be careful how you talk.** Guys like gals who look and act like ladies. You might think it's cool to cut loose with curse words but it makes men think you have no class.

● **Makeup is fine, but the Peg Bundy look is a no-no.** Men want to see the real woman.

● **If you're single, don't give your guy "baby talk."** Telling a man how much you like kids and how you'd love to have a family is a sure way to chase your man off.

● **Never tell a man about your past sexual escapades.** No guy wants to be part of a long list, especially when it involves his lady.

A man is proud when his woman looks good to other guys, but he doesn't want to know he's the last in a long line to hold her hand.

● **Be sexy but don't be a tramp.** Low-cut dresses are okay for actresses playing blonde bombshells but it's no way for a lady to dress.

Showing a little bit of cleavage or some leg in street bar sparkling a guy's imagination. But showing all the goodies on the street is a definite no-no.

● **Keep him laughing.** A good sense of humor is more attractive in a woman than a thigh-high slit in a skirt. And don't forget to laugh at all his jokes.

● **Don't be obvious — even with your special guy.** No man likes a woman who over-flirts in public. It makes her look cheap and desperate.

Let your guy know you're interested by giving him quiet, meaningful looks.

Also stand or sit close enough to him that your arms or knees barely touch.

But throwing your arms around him or pinching his behind is definitely out.

SMART women know that keeping up their appearance will stop their guys from wandering.

Experts find dinosaur toenails

KOTKA, Finland — Melting snows have washed hundreds of strange objects out of the hills near here — and startled scientists have identified them as petrified dinosaur toenails!

The ancient nails appear to have been bitten or torn off and probably were removed by the animals themselves, some ago-paleontologists say.

The experts say they have no idea why dinosaurs would trim their nails.

Lose 10 pounds on...

THE AMAZING ONION DIET

By ROBERT MOORE / Correspondent

You can lose 10 pounds or more in just 10 days with the sensational new Onion Diet!

All you have to do is whip up a batch of delicious onion soup and eat it whenever you like.

The diet also allows you to enjoy a surprising variety of fruits, meats, vegetables and salads while the pounds literally melt away.

"One of the best things about the diet is you'll be getting all the vitamins, minerals and proteins you need to feel your best during the hectic holiday season," said Marie Clement, the French nutritionist who developed the Onion Diet.

"It's also a no-fail proposition," she added. "because you are allowed to eat hearty onion soup throughout the day, you never feel hungry even while you are drastically reducing your intake of calories."

You should always consult a doctor before going on any diet. But if you follow this simple plan you can easily lose 10 pounds in 10 days — and look like a million bucks.

Here's a quick and easy recipe for onion soup, which is the cornerstone of the diet. You'll need to make a batch each morning. Be sure to keep it in an insulated container so that it will be nice and hot as you sip it through the day.

Clip and save ONION DIET!

BASIC ONION SOUP

Chop 6 large onions and place them in a large pan with 2½ pints of water.

Add 1 pound green beans and 1 pound okra, or 1 pound corn and 1 pound chopped cabbage.

Add 1 bouillon cube, chicken or beef flavor, and pepper to taste. Boil mixture for four minutes.

Remove vegetables, run them through a blender and return them to the broth. Store in your insulated container.

Now follow the 10-day plan below.

10-day reducing plan

Day 1

No onion soup to satisfy hunger all day long, but plenty of fresh fruit — including bananas — for breakfast, lunch and dinner. Have up to three cups of herbal or regular tea with lemon, no sugar.

Day 2

Sip onion soup all day long. Have a salad made with hard-boiled eggs and cooked beets for lunch and dinner. Sip as much tea as you like.

Day 3

In addition to onion soup, eat any kind fresh fruit or vegetable at all meals except breakfast. Tea with lemon.

Day 4

For lunch and dinner you may have broiled fish or chicken along with your daily intake of onion soup.

Day 5

Nibble at pieces of grilled, fat-free meat and give substantial bulk to your meals. Drink water, sip your soup and have three cups of tea.

Day 6

Eat all the fat-free meat and plain salads you want to satisfy your appetite at each meal. Sip soup all the throughout the day.

Day 7

Eat onion soup with three to four plain boiled rice mixed in for breakfast, lunch and dinner. You may sip a bottle-load of soup, without rice, throughout the day. Drink drink plenty of water.

8 easy ways to stay young forever!

You can't turn back the aging clock, but you can protect your body from the ravages of time with these helpful hints!

● A mintpat makes you look older quicker by causing wrinkles. Protect your skin from the sun with sunscreen or it won't get dry and leathery.

● Get enough sleep. Lack of rest reduces circulation and contracts capillaries, causing loss of moisture and ugly bags under the eyes.

● Take a stress break twice a day. It will help prevent stress damage to skin. It will also help ward off ulcers, colitis, high blood pressure, job burnout and lack of interest in sex.

● Eat a fiber-rich diet. Fiber helps keep your weight and cholesterol levels down, prevents hemorrhoids and varicose veins and regulates the bowels.

● Jump rope to keep in shape and shapely.

● A two-mile walk every day also keeps you fit and trim to ward off aging. The exercise prevents osteoporosis, a weakening of the bones which leads to fractures after age 35 in women and the ugly "dowager's hump" after 50.

● Laugh a lot. Studies show laughter prevents the stress that leads to bad skin tone. What's more, a good mood will take 15 years off your age. People who look happy live longer and enjoy better long-term health.

● Drink plenty of water. Too little water can give you wrinkled skin, kidney stones and urinary tract infections.

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HOME REMEDIES THAT CURE ANYTHING FROM ARTHRITIS TO ACNE!

By [illegible] Sperling Correspondent

You can treat everything from ulcers and allergies to arthritis and acne with simple home remedies that are recommended by doctors — and darn near free!

That's the word from the editors of *Prevention* magazine whose exciting publication, *The Doctors' Book of Home Remedies* (Rodale Press, $15.95), contains well over 100 do-it yourself cures for just about anything that ails you.

Here are a few of the super tips you'll find in the book:

■ **Acne.** To keep your face clean, use over-the-counter medications that contain benzoyl peroxide and be sure to spread the medication beyond the infected area to stop the spread of zits. Contrary to popular belief, you SHOULD squeeze pimples that have a yellowish head in order to speed healing.

■ **Allergies.** Air conditioner your home and car if you can afford to and be sure to wear an inexpensive dust mask — available at hardware stores everywhere — while doing household chores.

Seal bedding in plastic to trap the allergens created by dust mites. Treat symptoms with over-the-counter antihistamines.

■ **Arthritis.** Learn to relax. Try to exercise regularly in a swimming pool.

Don't push yourself physically no matter how good you feel. Do get plenty of vitamin C.

■ **Bad breath.** If you're worried about your breath, avoid stinky foods like garlic and onions, spicy meats like pastrami and pepperoni, strong cheeses and strong drink.

Coffee, beer, wine and whiskey are murder on your breath. Stick with water instead.

Regular brushing and flossing are a must, the book points out. Don't forget to brush your tongue.

■ **Colds.** New studies show that vitamin C speeds the healing process and can cut the length of colds by 50 percent.

Don't forget to sip hot chicken soup, which increases the flow of nasal mucus, helps clear your nose and rids the body of cold germs.

■ **Fatigue.** You can boost energy by starting the day off with a balanced breakfast of cereal and milk and a protein food like cottage cheese, low-fat yogurt or a small piece of chicken or fish.

To keep energy levels high, set goals for yourself and do your best to resolve problems which run you out. Getting enough exercise is important.

■ **Heartburn.** Chronic sufferers should avoid caffeine, chocolate, cigarette smoke, fizzy drinks and fatty meals. For relief, loosen your belt, sit up straight and take an over-the-counter antacid.

■ **Hiccups.** Most people can get rid of hiccups by swallowing a teaspoon of sugar.

■ **Insomnia.** Go to bed at the same time every night. If you can't fall asleep within 15 minutes, get up and do something pleasantly monotonous, like watching TV.

How to

In this speeded up modern world, many people feel so harassed by conflicting demands on their time that they never seem to have enough hours in the day to do everything they want to do. But in fact, these people just haven't learned how to manage their time efficiently.

Here are some time-management tips that work for me. Try following them, and you'll be sur-

WEEKLY WORLD NEWS
NEW YEAR'S SPECIAL

5 tips to help you sleep!

If you're an insomniac longing for a bit more shut-eye, here are a few tips that sleep experts say may help you sleep:

● Warm milk before bed may have a soothing effect. So could some form of exercise during the day.

● If you're cooped up during the day, keep your mind active. Think about anything that interests you as long as you don't spend your time thinking about why you can't sleep.

● Don't read, eat, watch TV or talk on the telephone while you're in bed. Use your bed for sleeping only.

● If you toss and turn in bed for a half hour or so, get up and go to another room for a while. Watch TV or read a book — anything that will take your mind off not sleeping.

● Be extra careful what you watch on TV before retiring. Horror movies or rabble-rousing late night talk show hosts may not be the best medicine for your insomnia.

When you feel drowsy, go back to bed. Avoid stimulants before turning in.

● **Snoring.** If you're fat, lose weight. Sleep sleep of twice before bedtime. Always sleep on your side instead of your back.

● **Ulcers.** Different foods cause ulcer flare up in different people. Know what bothers you — and avoid it. Over-the-counter antacids relieve pain.

Easy ways to keep your home clean as a whistle!

You can keep your house running smoothly with these helpful hints and cleaning tips from America's top experts:

● To remove discoloration from a coloured bathtub, rub the tub with a solution of salt and turpentine.

● Instead of buying chemicals chemically treated to "remove" dust, make your own from cheesecloth.

Dip the cloth in a solution of two cups of water and one-quarter cup of lemon oil and allow it to dry before using.

● Leftover tea makes a good cleaning agent for varnished furniture.

● After polishing furniture, sprinkle a little cornstarch on top and rub to a high gloss. Cornstarch absorbs oil and leaves a gleaming, fingerprint-free surface.

SQUEEZE the most out of your time!

prised at how much you can accomplish.

● **Value time like gold itself.**

Too many people seem to assume they will live alcohol forever, that they have plenty of time to achieve something worthwhile. But lost time is never found again, so don't waste yours.

Work each day as if it were your last.

This will rapidly increase your feeling of achievement. It will also miraculously increase your energy supply. A strong sense of urgency is a great energy generating factor.

● **Budget your time.**

It's common for people to budget their money. But most people don't do likewise with time — even though it's more valuable than money.

Put priorities on your time. Spend the first part of your day on those opportunities that will never come again.

● **Balance your time budget.**

Don't make the mistake of spending so much time pursuing your ambitions that you jeopardize your health, wealthy but dead. The health of the body, mind, soul and family requires that time be balanced wisely.

More than one man has made a million dollars by working 18 hours a day, 7 days a week for many years — only to lose his neglected wife and watch his children grow up and leave home before he realized what was happening.

● **Be prepared for interruptions.**

Many people fail at time-management because they fail to budget time for unavoidable emergencies.

● **Weigh your time carefully.**

Discover the hours of the day, the days of the week when you're at your highest efficiency — and schedule your most important work for those times.

● **Create time pressures to get yourself motivated.**

Low achievers don't make pinpoint schedules because they don't want the pressure of meeting deadlines. But to avoid delaying your projects you need this pressure — so set deadlines and keep them.

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Billy Graham's message to America:

THE DEVIL IS REAL

DURING the Middle Ages the Devil was portrayed as a hideous red-skinned beast.

The Devil is real and he's working harder than ever to destroy us all, warns Rev. Billy Graham.

Satan was the hidden force behind the Los Angeles riots and is causing the drug abuse despair and violence running rampant all over the Earth — but you CAN defeat him, declares America's best loved evangelist.

WEEKLY WORLD NEWS
NEW YEAR'S SPECIAL

"When I hear people doubt the existence of the Devil, I shudder," Rev Graham said.

"The Devil is real and that he is wielding unholy power and influence, there can be no doubt.

"Switch on your local radio or television news commentator if you feel you need concrete evidence.

"Scan your newspaper. How else to explain the acts of hatred and violence that are all too common? Could hearts filled with only God's love deliver such acts of destruction?"

Would sane, thinking men and women behave in this way if they were not in the grip of evil?"

"We see more and more examples of the Devil's power as we move toward the ultimate battle of good and evil.

"We are living in an age when Satan is out to destroy individuals, families and even nations. And he's using all the tricks in his unlimited arsenal to meet those ends.

"He uses pornography. Sin. Drugs. Greed. Impatience. Lust. Desire. Hatred.

"During the riots in Los Angeles people falling into the trap of instant gratification. Looting. Shooting. Killing.

"It was ruthless and numbing.

"It was the influence of the Devil at work."

The Bible makes it clear that Satan has existed since the days of Adam and Eve, and he "has slaughtered, plundered and blasphemed his way through the centuries," declared the world famous minister.

"Some people consider the Devil a joke, a laughable cartoon character because in the Middle Ages the Devil was portrayed as a hideous with pointed horns, a long evil tail and a pitchfork.

"However in reality the Devil is a resourceful, highly intelligent, powerful spirit.

"He is crafty and cunning.

Billy Graham

. . . and here's how to defeat him!

"He is trying to coax you into a decision that will ruin you for eternity.

"Yet even in the worst situation, you must remember that Christ has not deserted you.

"God's love is here and whatsoever stumbling block the Devil puts in your path, God can carry you across.

"Too many people today are out solo, rushing, pushing, trampling.

"This love is never more obvious than when we're at our weakest moments.

"When we're frightened. When we're anxious about our jobs and welfare. When we're faced with uncertainty in our future. When the pressures of modern life seem overwhelming.

"When you are faced with a personal dilemma — a death, the sickness of a loved one, an injustice — it is easy to feel God has deserted you.

"In your dark hours, you must remember this fact. The Devil is at work.

"Yet even in the worst situation, you must remember that Christ has not deserted you.

"God's love is here and whatsoever stumbling block the Devil puts in your path, God can carry you across.

"Too many people today are out of their problems — but they're everything in vain," declares Rev. Graham.

"Today we have millions of people gambling on lottery tickets. But would great wealth end the problems we face?

"If we had no poverty, would we not still have depression? Anxiety? Pain? Suffering?

"Certainly we would. Money is not the remedy.

"The solution to all man's needs lies in prayer.

"In your hour of darkness, pray that the Lord will be at your side.

"With God, nothing is impossible. No job is too great. No problem too complex to solve. No burden so heavy His love and protection cannot provide relief.

"Suffering is universal. Problems come and go. But suffering is a way of uncovering your character. It is a test.

"Do not look for the quick fix. The easy way out may well be the work of the Devil.

"Always look toward the long haul, the path that leads toward eternity. God will be at hand to aid and comfort you.

"Pray. Keep the Lord's faith in that way, you will be able to [illegible]

HUBBLE TELESCOPE ON NEWLY

NEW PLANET was discovered by British astronomers in July of 1991 and reported by newspapers around the world, where

By ANN VICTORIA
Correspondent

HOUSTON — Shocking [redacted] photographs from [redacted] Hubble Space Telescope prove that a recently discovered planet in our galaxy is definitely inhabited by intelli-[redacted]!

[redacted]

The planet, [redacted] located about 50,000 light-years from Earth, made worldwide [redacted] in July of 1991 when it was spotted by [redacted] astronomers.

At that [redacted], the consensus of scientific opinion was that the planet couldn't possibly sustain life. [redacted] top secret photos, taken by the Hubble on December 10 and smuggled out of NASA headquarters, have turned those conservative theories upside down.

"We are definitely not alone in the galaxy," says Dr. Colin Davenow, an astrophysicist who obtained the photo-

Look 20 years younger with MAGIC

You can look years younger for pennies — with an inexpensive magic [redacted] you can [redacted] in your own home!

The incredible skin treatment makes you look 20 years younger by baking your skin cells with a mixture of milk, honey, baking soda, egg yolk, petroleum jelly and ordinary modeling clay. "I can't believe how great this is," raves Elene Blatovitz, 54, of Paris, who says her skin has smoothed out

MIRACULOUS MAGIC MUD erases fine lines and wrinkles, clears clogged up

and regained elasticity since she started magic mud treatments four months ago. "I look like I'm 35 or so."

"My husband says it's like having a new woman around. The treatments may be messy — but they work!"

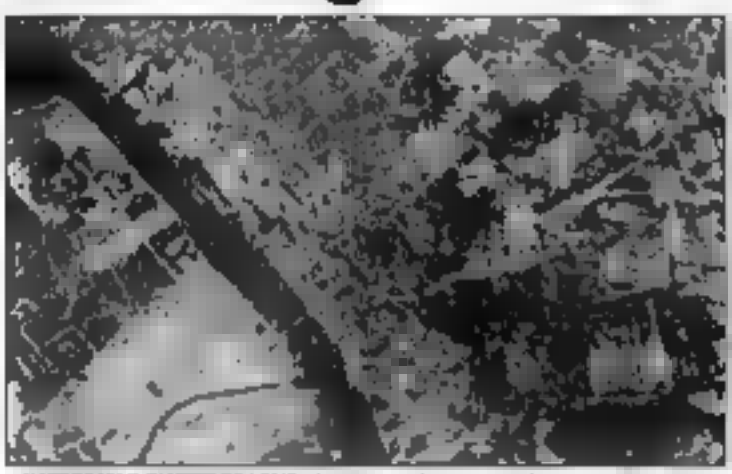
Experts say the skin-rejuvenating mask works by plumping dried and aging skin cells and erasing fine lines and wrinkles. It clears clogged skin surface, banishing the wear and tear of years.

The treatment was developed by a dermatologist in Switzerland in 1980 and has been used for decades by women in Europe who want to preserve their peaches and cream complexions. Compared to most skin treatments, it is incredibly cheap — and it works, according to enthusiastic users.

Honey in the magic mud acts as a humectant, a substance that helps

PHOTOGRAPHS CITIES DISCOVERED PLANET!

Top-secret images show roads, buildings — and intelligent life!



INCREDIBLE PHOTOGRAPHS clearly reveal cities and farms but aren't sharp enough to show inhabitants.

graphs from a highly placed NASA source.

"The photographs aren't sharp enough to actually show the inhabitants.

"But they clearly reveal cities and farms. These farms and cities could only have been planned and developed by an intelligent life-form.

"NASA doesn't want the world to know the new planet is inhabited. They're afraid the knowledge will cause mass hysteria and panic. For all anyone knows these beings are every bit as intelligent as we are and could even be capable of launching an attack on Earth."

Dr. Divatow points out that there is no concrete evidence to indicate that inhabitants of the distant planet, code-named X-33DF, have plans to attack us. But the possibility definitely exists.

Experts at the space agency are attempting to communicate with X-33DF but doubt that their efforts will bear fruit.

"NASA's communications department has been sending radio signals to the new planet," says Dr. Divatow. "But it's trillions of miles away, so there's no way we can expect to get a response during [illegible]

MUD!

MAGIC MUD RECIPE

[illegible]

ing soda provides a mild abrasive action to clean the skin's surface. The egg yolk and petroleum jelly heals the skin to moisturizing oils and fatty cholesterol and the milk smoothes the skin's surface. The clay holds the miracle ingredients close to the pores, where they can do their magic.

"Before I started the treatments I had been seeing a skin doctor, hoping he could help me make my complexion look better," said another enthusiast. "He was amazed when I went to see him after two weeks of using the mud and he was amazed how it had changed my skin.

"He told me he had never seen any treatment except expensive [illegible] ance I was [illegible]

The magic mud "recipe" devised by Dr. Berold Hausmann, is given above, so that Weekly World News readers can experience the same

The amazing power of prayer — and how it can change your life!

God has promised if we call upon Him, He will be with us in times of trouble. The Bible makes it clear that no problems in our lives are too great or too small for His concern. God cares about everything that affects His children.

But too few of us have learned how to develop and use the power of prayer.

Sometimes I watch Oprah Winfrey's show. I admire her because she listens. However, sometimes when I see the people on the show and the desperate problems they face, I want to cry out to the screen and say to them, "Turn to God!" We have not yet learned that a man has more strength when he is at prayer than when he is in control of the most powerful military weapons ever developed.

I was pleased to hear Gen. Norman Schwarzkopf in an interview with Barbara Walters say that he prayed for the men in his command during the Gulf War.

Effective prayer is offered in faith. From now end of the Bible to the other, we [illegible] of people whose prayers have been answered — people who turned the tide of history by prayer, men who prayed fervently and whom God answered. But God doesn't answer only the prayers of history makers.

One mother told about a time when she heard her daughter cry "Mom, Mom!" in the middle of the night. But her daughter was a married woman, traveling halfway around the world with her husband.

The mother picked up her Bible and prayed. She had a real sense of urgency that her daughter needed help. She prayed that God would show her what to do.

A few weeks later she received a letter from her daughter. The daughter was in Borneo when she became very sick and feverish. Her husband could not find a good doctor, but after some time learned of one who took them into his home where he and his housekeeper nursed the woman back to health.

The letter ended, "Remember when I was a girl and I would call out, 'Mom,' and you would come rushing down the hall. That night in Borneo, in my fever, I called 'Mom, Mom!'... and then I could hear you rushing down the hall."

When we're in a threatening situation, the normal tendency is to panic. There are many stories where fear is replaced by calm through the power of prayer.

Carol is a victim of multiple sclerosis. Over the years this once active woman gradually lost a great deal of her muscular ability and was confined to a wheelchair.

Her husband always saw that she was comfortable before leaving for work. Being a methodical man, he was used to returning home at a certain time each afternoon.

One day Carol somehow fell and her head became wedged between a wall and the wheels of her chair. She was trapped. She began to pray for help. Only a short time passed before her husband arrived — hours before his normal time.

"I seemed to have heard someone telling me to come home," he told his wife as he lifted her into the bed.

Carol said, "And I know who that someone was. I prayed for help."

The story is told about businessman Robert LeTourneau, who received an order for a complicated machine to lift airplanes. No machine of this type had ever been designed — and LeTourneau and his engineers could not come up with a plan.

After some time everyone was tense. Finally, on a Wednesday night, LeTourneau told his staff that he was going to a prayer meeting.

The engineers were upset, because they had a deadline to meet and the boss was deserting them.

"Bad," he said, "I've got a deadline with God."

He went to the prayer meeting. Afterward, as he was walking home, the design of the machine came into his mind in detail. He needed time with God and creative silence to bring it to the surface.

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Armless boy gets 'A' in penmanship — by writing with HIS FEET!

By [redacted]
Correspondent

Little Jacob Biddmore was born with deformed legs and no arms. But God gave him a big heart and the determination to earn an "A" in penmanship — by writing with his feet!

The 9-year-old boy, who lives in Halfway, Md., just outside of Hagerstown, writes and draws by gripping a pencil or crayon between the toes of his left foot while holding the paper firmly in place with his right foot.

Proud mom Debbie said Jacob attends regular classes in Lincolnshire Elementary School, takes swimming lessons at the local YMCA and goes shopping in the mall.

"He's really a great boy and smart," Debbie said. "He's doing very well and we're all very proud of what he's been able to achieve."

No one seems to know what caused Jacob's disability.

"I wasn't taking medication (during pregnancy), so the cause is still a big question that remains unanswered," said his mom.

"Many people have handicaps," the loving mother of two added. "Some handicaps can be seen, while others can't. Basically, we decided to do the best we could for Jacob and the best is what he's getting. There's no hiding behind closed doors for him."

Write on!

WEEKLY WORLD NEWS

HOW TO GET IN T GUARDIAN ANGEL!

By MARIE LEMOND / Correspondent

. . . and change your

Your own personal guardian angel is watching over you — even as you read this!

You heard right. Gentle, caring guardian angels are with each and every one [redacted] us — today and for the rest of our lives.

And you can make contact with them so they can guide you through life's most critical emotional and physical crises. They [redacted] save your life! [redacted] most of us don't recognize the existence of these warm, compassionate entities who are continually hovering over us," says theologian Dr. Eugene Burnside, who has been researching and documenting the existence of guardian angels from his base in Washington, D.C., for the past 25 years.

By acknowledging and making contact with your own special angel, says Dr. Burnside, you can:

- Ease fears of death or [redacted].
- Get a reassuring glimpse into exactly what awaits you beyond the grave.
- Learn that comfort and encouragement are only as far away as your own shoulder — that your personal guardian angel is a round-the-clock source of inspiration you can turn to in any stressful moment.

Angels appear in all shapes and forms, and have been described in varied ways by such respected evangelists as Dr. Billy Graham, Pat Robertson and Oral Roberts.

Yes, angels do exist — and sometimes appear in the physical bodies of loved ones who have passed away, confirms Dr. Graham, who has written of many incidents where a loved one has returned from beyond the grave to help out in times of need or peril.

"A few years ago, the idea of angels helping would have been scorned by most [redacted] people

Specific techniques that will work for you!

It's easy to get in touch with your personal [redacted] dian angel.

All you have to do is open your mind and heart to the possibility of help from Heaven and really listen to that "little voice" that will tell you how to get the best possible results from the cards life deals you.

Specifically, you'll need to clear your mind of all thoughts and worries, and you should pray to or meditate on your guardian angel at least twice a day.

These prayers and meditations will break down the barriers that stand between you and your guardian angel. At that point, you will begin to hear the heavenly voice that can change your life forever.

"Many people who make contact with their guardian [redacted] angel fall into a trap of hearing what they want to hear from their heavenly helper," explains theologian Dr. Eugene Burnside. "[redacted] you want a long-term relationship with your guardian angel you must be prepared to follow all the advice you get.

"In order to do this, you must trust your angel implicitly. The angel might tell you things you don't want to hear or steer you in directions that you wouldn't dream of going yourself. "Once you open the lines of communication with your guardian angel, you'll find that he [redacted] you even when you don't ask.

"There are a great many examples of guardian angels physically saving people from certain death or helping them win lottery jackpots in times of financial distress.

"In these cases, the angels acted entirely on their own — and chances are, yours will, too."

Sensing the presence of an invisible angel in your vicinity is common, say experts.

Their presence is signaled by a warm feeling of spiritual well-being and inner contentment — a feeling of security that everything is right with the world.

When these feelings are strongest, say experts, it is possible to make contact with our guardian angels.

Concentrate on the presence — meditation techniques can help. Voice your feelings aloud — express your gratitude for that tingly warming or feeling of contentment.

"There are countless examples of believers who have done this and established a lifelong dialogue with angels," added Dr. Burnside.

"Visions and apparitions are commonplace. But most of us are programmed to react with fear.

"We have been taught since childhood to fear the unknown, be it ghosts, strange noises, or other unexplained phenomena."

Experts do not deny that some spirits can be unfriendly.

But these unwanted spirits can be detected by a sense of foreboding — and should be ignored and banished from your mind.

The presence of a comforting angel is accompanied by that warm spiritual feeling of happiness.

"In these cases, the entity can be encouraged to identify itself if we initiate a welcoming dialogue," said Dr. Burnside.

"Many happy angel-believers have told me they made contact with their guardian angels using this technique.

"A few have even reported de- [redacted] and enlightening conversations, accompanied by gentle caresses around the face, head, neck and shoulders," Dr. Burnside.

MOST people don't recognize the existence of these compassionate entities who are continually hovering over us, says theologian Dr. Eugene Burnside.

OUCH WITH YOUR

"2000 does has come for us to focus on the positives of faith — and the existence of angels is one of them," says Dr. Billy Graham, left, one of many respected evangelists who have described the various forms in which guardian angels may appear. At right is an artist's depiction of an angel as it appeared to the Bible story of Adam and Eve.

life forever!

But all this has changed.

"The time has come for us to focus on the positives of faith — and the existence of angels is one of them," says Dr Graham.

Adds Canadian anthropologist Professor Ian Currie:

"Angels often coach us, or offer intense emotional support, or give us advice without us even knowing it.

"In some cases, they have saved their charges from harm, or even death," added Prof Currie, who has used hypnosis to help subjects describe their guardian angels in detail.

And there are many world reports of angels appearing to Americans, some going back 150 years.

● In Utah in 1852, a tall, bearded man, dressed all in white, knocked on the door of a poverty stricken family and begged for food.

The stranger was invited in and the poor but compassionate family gave him the last of their food.

The stranger miraculously vanished, after promising the family they'd never go hungry again. The angel was as good as his word.

● In another miracle tale, more recent angel visitation a tall, blond haired man in a white robe came to a home where a baby was dying because he couldn't hold down food.

The mysterious stranger instructed the mother how to make a baby formula, using milk, cream and raw eggs.

Miraculously the infant recovered.

● In 1966, a 75-year old farmer swore that an unseen "hand from Heaven" plucked him from a river just seconds before he nearly drowned.

● In 1968 in Saigon, Army Sergeant Jerry Dale Daly, now a Baptist minister in Fort Thomas, Ky., was knocked senseless and thrown into swamp water after a grenade exploded next to him.

He remembers later standing at the edge of a brightly lit field covered with golden dancers. He prayed to return to life. His fellow soldiers watched in disbelief as an unseen hand swept Delaney's unconscious body from the swamp to safety.

● Children are particularly receptive to angelic visitations, says Dr Barnaby Barratt, a psychologist who has studied the phenomenon.

Dr Barratt's favorite story is a moving account by Wendy Wendy tells of a 6-year old boy who died from cardiac arrest and was guided, gently but forcefully, back to the living by an angel.

"There's also it's important examples of how guardian angels can help ordinary people in everyday life," says Dr Barnaby

Are you Normal or a Nut?

E.C. Publications, Inc.

TAKE THIS FUN TEST TO FIND OUT!

Sure, you cheat on sweets, have a few too many drinks now and then and shy away from exercise like the plague — but doesn't everybody? Now you can find out how normal you are when it comes to guarding your health.

The quiz, based on statistics supplied by universities and government surveys, reveals how you stack up against other Americans in caring for your health, your diet and your emotional well-being.

For each question, circle the point total after the answer that most applies to your life.

MAD Magazine readers say Alfred E. Neuman is as normal as the next guy!

YOUR HEALTH

1. I visit a physician:
a. never (2)
b. only when I have a specific complaint (6)
c. for a regular checkup (even if only a gynecological exam) (11)

2. I engage in vigorous physical activity:
a. rarely (3)
b. one or two days a week (11)
c. three or more days a week (8)

3. My average monthly cost of health care (including insurance premiums, medical and dental bills, hospital care and drugs) is:
a. less than $60 (3)
b. $60 to $120 (11)
c. more than $120 (8)

4. My systolic blood pressure (the first number) is:
a. 120 or less (11)
b. more than 120 (1)
c. unknown to me (4)

5. When it comes to cigarettes, I:
a. have never smoked (11)
b. am a former smoker (5)
c. smoke fewer than 15 cigarettes per day (2)
d. I drink:
a. no alcoholic beverages (7)
b. occasionally (11)
c. one or two times a week (8)

6. In the past month I've smoked marijuana:
a. yes (1)
b. no (11)

7. I sleep:
a. less than seven hours a night (7)
b. seven hours a night (8)
c. eight hours a night (11)
d. more than eight hours a night (4)

8. In the past year I was unable to work (including housework duties) because of illness or accident for:
a. three days or fewer (5)
b. four to six days (11)
c. more than six days (3)

Total points for questions 1–8:

YOUR DIET

10. I consume the following amount of beef and pork in an average week (average serving is ½ pound):
a. less than 2 pounds (4)
b. 2 to 4 pounds (11)
c. more than 4 pounds (4)

11. I consume the following amount of poultry in an average week (average serving is ½ pound):
a. less than ½ pound (4)
b. ½ to 1½ pounds (11)
c. more than 1½ pounds (4)

12. I consume the following number of eggs in an average week (include an estimate of eggs eaten in cooking and baking):
a. three or fewer (4)
b. four to six (11)
c. more than six (4)

13. I consume the following amount of fresh fruit in an average week (apples and oranges are about ½ pound each, grapefruits, 1 pound):
a. less than 1½ pounds (4)
b. 1½ to 3½ pounds (11)
c. more than 3½ pounds (4)

14. I eat breakfast:
a. every day (11)
b. sometimes (3)
c. never (2)

15. I eat snacks:
a. every day (3)
b. sometimes (8)
c. never (11)

16. I am:
a. underweight (4)
b. within 10 pounds of my recommended weight (11)
c. overweight (4)

17. I've attempted to diet to control my weight:
a. yes (11)
b. no (4)

18. I consume the following amount of fresh vegetables in an average week (servings of tomatoes, potatoes and cucumbers, average ½ pound; carrots, ¼ pound; endives, salads, ½ pound):
a. less than 2 pounds (4)
b. 2 to 4 pounds (11)
c. more than 4½ pounds (4)

Total points for questions 10–18:

YOUR EMOTIONS

19. I live:
a. alone (4)
b. with others (11)

20. I am:
a. single (8)
b. married (11)
c. widowed or divorced (2)

21. I am the parent of the following number of children under age 18:
a. 0 (11)
b. 1 (3)
c. 2 or 3 (8)
d. 4 or more (1)

22. I live in:
a. a metropolitan area (11)
b. a nonmetropolitan area (5)

23. I generally feel that I am:
a. inferior to others (3)
b. okay (11)
c. superior to others (8)

24. When I experience a failure in my life, I:
a. blame other people or events (3)
b. blame myself (8)
c. accept it and alter my plans (11)

25. When I am aware of strong feelings, I:
a. deal with them myself (5)
b. express them to the other people involved (11)
c. express them to uninvolved third parties (2)

26. I worry:
a. frequently (2)
b. sometimes (11)
c. rarely (5)

27. I give and get affection:
a. regularly (11)
b. sometimes (6)
c. rarely (2)

Total points for questions 19–27:

YOUR SCORE:

In each of the three categories your score reveals the following:

27–45: Very abnormal. Either you're doing something unhealthy or healthy. You know which side of the equation you're on.

46–86: Abnormal. Your habits don't coincide with the majority of Americans, for better or worse.

87–92: Adjusted. You fall into the mainstream, but you have just a touch of healthy eccentricity.

93–99: Supernormal. You don't stand out from the crowd and you're certainly moving right along with it.

Now add your complete score for all 27 questions and compare it to the overall summary:

108–149: The Twilight Zone. You scored low in all categories. That means your health and dietary habits are superior or inferior, but it could also mean that you are emotionally out of sync with the world. If it's the latter, try to get some help.

150–189: Danger to a different beat. You're determined to be a nonconformist. You feel — and probably are — rather isolated from the rest of society.

190–229: The Happy Eccentric. You're almost normal, but you've also flexible enough to pick and choose which of society's customs you'll follow.

230–270: Jane or John Doe. Wow, are you normal! Most of your answers were

DRUG ADDICT ELEPHANTS GET THEIR OWN HOSPITAL

Worried government bigwigs in Thailand have opened a special hospital — to treat drug-addicted elephants.

The dopey pachyderms picked up a drug habit after being fed

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ACROSS

1 The Abominable —
7 Important division for a manufacturer
13 Chocolate or cheese type
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23 Margarines
24 Extensive monarchies
25 Race official
27 Small blocks of ice
28 Broadest
29 Stomach enzyme
30 Quarantine
31 Robberies
33 Select
35 Metaphor cousin
36 Flying pioneer Amelia
37 Boca hope
38 Drained
41 Composure
43 Applaud
45 Cried like a baby
46 Flower part
47 States (Fr)
50 Eradicated
52 Place of veneration
54 Exact duplicate
55 Cauldrons
58 Small indentation
59 Scraps of food
60 Constrictors
61 "— 'N' Boots"
64 Upright
66 Business agreements
69 Footwear
71 Graceland occupant
72 Celestial body
74 Temple order
76 Underwater schoolboy
77 Large simmering vessels
78 Blue — shoes
79 Storage trunk
80 Make amends
81 Whimpers
84 Town in Lebanon
85 — and bounty
86 Western movie
88 Marlin man-eater
89 "— Comes The Bride"
90 Roquefort or Cheddar
91 Guided expeditions
93 Wave peaks
94 Bravos, in Spain
95 Large boiling chicken
96 — as a doornail
98 Shift one's course
100 Complained
104 Lessons
106 Ice cream holders
109 Pale
111 More mature, as fruit
113 Salamanders
114 Elevated trains
115 Swim turbulently
118 Vignettes
120 Pistol vessels
121 Wow a reel
122 Most certain
124 Pungent flavor
125 Indeterminate quantity
127 Plot
129 Standard of excellence
130 L.A. footballers
131 Whole lot
132 Pants and —
133 Symbol for Europium
134 Measure of intelligence (Abbr)
136 Having a definite purpose
138 Twisted biscuit
140 Prepared for finals
142 Indian family post
145 Left
147 Christmas carol
148 Chair
149 Ridicule
150 Reopens
151 Oxidized, as metal
154 M.A.S.H. unit area
157 Shortly
158 Cubic centimeters (Abbr)
159 Specific names
160 Himalayan monastery
163 Greenwich Mean Time (Abbr)
164 Tiny
167 Epsom or bath
169 Brief, fierce storm
171 Unaccompanied youngster
173 Mother of Castor and Pollux
176 Thrasher
179 Small decorative case
180 Less fresh
183 Doctrine
186 Nearly
188 Graven image
190 Use a ... [illegible]
191 Little green man
192 Spy agency (Abbr)
193 Noah's ship
195 Letter
196 Merge
197 Encounters
198 Sail poles
[illegible] Burning to ashes
[illegible] Pricked with a pin
[illegible] Barrel slat
[illegible] Metallic elements
[illegible] Motor vehicles
[illegible] Triangle shape
[illegible] Hidden stash
[illegible] Touring car
[illegible] Mix gently
[illegible] Spanish dress
[illegible] Large coastal bird
[illegible] Snake covering
[illegible] Expose, as bread dough
[illegible] To the back
[illegible] Left alone
[illegible] Military command (2 wds)
[illegible] ...fied parties
[illegible]
[illegible] ... England
[illegible] ... direction
[illegible]
[illegible]
244 Past, present, and future verbs
246 Cotton bore
247 Wigwam (Var)
249 Defeated
251 In abundance
253 Nigerian monetary unit
254 Extremely old
255 Court cleaner
256 Affirms
257 Holds in high regard
258 Snake
259 Sped
260 Famous ... rain

DOWN

2 More boisterous
3 Of greatest age
4 Mistreats
5 Unison
6 Wine region in Italy
7 Bottled
8 Materialized
9 [illegible] —
10 [illegible] Lake or PA town
11 [illegible] ...ning body of the U.S.
12 Fabric stiffener
13 Shakespearean ...
14 April 30th group
15 Puzzle
16 Mexican shawls
18 Painful throb
19 Regrets
20 Kimono sash
21 Decrease in intensity
22 Landed property
26 Harass
28 Monthly payment for rooms
30 Court
32 Health resort
33 Painful contractions
34 They ...
39 Lubricated (?)
40 Abandon
42 Roof overhangs
44 Glove parts
45 Current conductors
46 Sanctioned vigilante group
48 Pie ingredient
49 Offensive ...
51 Economics (Abbr)
53 Topers
54 Undercover operation
56 Placed down, as an object
57 Frighten
60 ... and ...
62 Salt Lake City's state
63 Horse sound
65 Abandoned
67 Owl
68 Rolled parchment document
69 Rejects
70 Jumps like a rabbit
71 Fragrant compound
72 Clay-based ...
73 Inquires
75 Leg joints
79 Fern cuts
82 Compass point
83 Spring moments
85 Indian or Arctic
87 Steal
88 Crinkled silk
89 Frozen
90 "What's the — that could happen?"
91 — The Red
101 Poker stake
102 Reason
103 Doggedness
105 Mouths
106 Famous people
107 Appraisals
108 Clamorous
110 Lightning bugs
112 Perused
113 Without sensation
114 Uplifting
115 Crippled
117 Meadow
119 Required a "God bless you!"
120 Large nosegay
121 Exclamation of triumph
123 Piece of cake
125 Watery oatmeal
126 Narrow apertures
128 Wooden packing box
135 VIP (Abbr)
137 It would (Contr.)
139 "This Little Piggy" participants
141 Mend
143 Mouths
144 Anc. Biblical country
146 Serious screenplay
148 River mouth deposits
152 Russian River
153 Offers for purchase
155 Separated
156 Strong wind
158 Long for
161 Smudge
164 Spades, hearts and diamonds
165 Nocturnal imaginings
166 Gasp of air
168 Revolves
169 Public transport
170 Gives up
171 Treasury
172 Female ruff (Var)
174 Rom. man 551
175 Accumulate
177 Corrects written copy
178 Number of turns
179 Pooled pitcher
181 Checked for palatability
182 High pitched instruments
183 Bound together
184 Set of 3
185 Weasel-like mammal
187 Arabian Peninsula residents
189 Mr. Sinatra
192 Hungry tapper
194 Male servant (Arch)
197 Inland life picture
198 Life partners
199 Emanation
200 Influence
201 — ... Montana
202 — and carry ale
204 Work dough
205 Miniature
209 Pan for gold
211 Catastrophe
214 Swerves around a corner
216 Mr. Twain's real name
218 Reader's podium
220 Backwards
222 At this time
224 Dandelion and mustard
226 Native American groups
228 Snappy comeback
230 Church bench
231 Middle Eastern bread
233 Measure of weight (Pl)
235 Solitary unit
237 Father
238 Edible mollusk
239 Extending far down
240 Quit
242 Equal (Arch)
243 Rescue
245 Contend for
248 Bakery product

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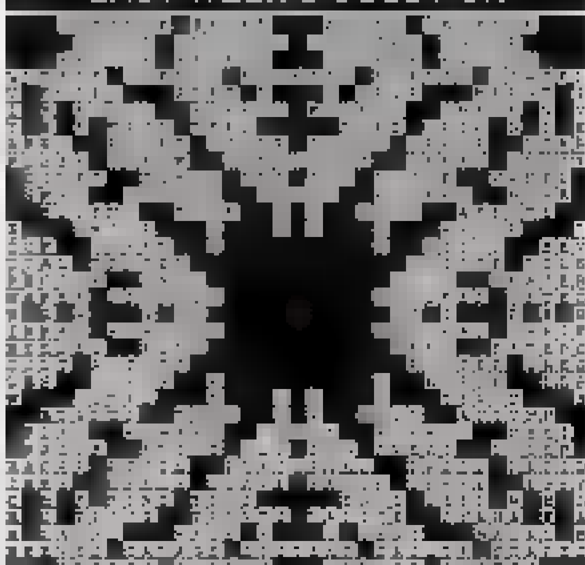
LAST WEEK'S SOLUTION



BIGFOOT

Weekly World News exclusive: The WORLD'S BIGGEST CROSSWORD!

The solution will be found in the January 10, 1995 issue of Weekly World News.

NOSTRA

Back-to-back earthquakes level Mount Rushmore. Terrorists take over the Statue of Liberty. And a lethal new virus sweeps the planet, burning millions of innocent men, women and children to stone!

By [illegible]

Those are just a few of the mind-numbing predictions the famed gaysle Nostradamus made for 1995 in a series of poetic "quatrains" written over 400 years ago — in the 16th century.

Here, say Nostradamus experts, are more predictions for the New Year, translated and interpreted from their original French:

- Back-to-back earthquakes level Mount Rushmore in late spring, leading many people to interpret the event as a sign that America's greatest days have passed — and the end of the world is at hand.
- Volcanic eruptions in the mid-Atlantic create a new continent larger than Australia.
- The October arrest of First Lady Hillary Clinton on a shoplifting charge shocks the nation but the disaster comes in November when President Bill Clinton is caught driving drunk — in a rented limo.
- A lethal virus spreads like wildfire in major cities the world over, burning millions of men, women and children to ashes. Rumors that the CIA created and released the bug as a covert and unscrupulous attempt to thin the human population are confirmed in December.
- Spirits appear with increasing frequency in the world and make contact with human beings. The spirits do not reveal where they come from, but most people believe they are heaven-sent.
- Molten rock from the core of the Earth begins to flow from [illegible] "fissure" that appears intensely appear in North and South America and parts of Europe. The lava sparks roaring wildfires and cripples cities before the phenomenon ends in September.
- The appearance of hundreds of saucers in the sky over London, Paris, Rome and Jerusalem

PREDICTIONS

DAMUS

late location of a religious revival unlike anything the world has ever seen. Hundreds of millions of people convert to Christianity within weeks of the event.

● The death of a beloved American evangelist is seemingly short-lived as the rock rises up from the dead at his own funeral — while people the world over watch on TV.

● Scientists devise a way to communicate directly with animals, bringing profound new insights into the mystery of the mind.

● Europe bursts at the seams as millions of refugees, escaping their growth in the crib. Violence will reach shocking levels with several mental children — but will stand less than two feet tall.

● The United States closes its borders on all immigrants in July and threatens to declare war on nations that fail to keep their people at home.

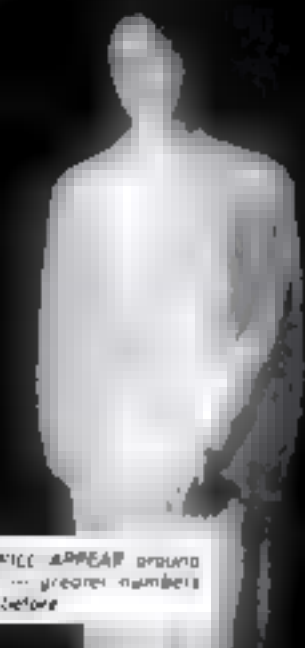
● Planet Earth passes through a powerful magnetic field in space that disrupts all electronic and radio signals for 15 weeks.

● Scientists discover a painful but highly effective surgical procedure that adds 25 to 30 years to an individual's life.

● An improvised atom explosion kills 40 children in Japan in a killing spree that begins in January. When captured in November, the boy identifies himself as "the son of Satan."

● Arab terrorists take over the Statue of Liberty — which is destroyed after an all-day standoff that ends with the U.S. Army Brotherhood the movement to end the reign of terror.

● The world reels in shock and disbelief when the leader of a small Caribbean nation decides a nuclear weapon — and drops it on Cuba.



NAMED PSYCHIC Nostradamus' predictions were written over 400 years ago

MIGHTY WILL APPEAR around the world in greater numbers than ever before

FOR 1995

WEEKLY WORLD NEWS

NEW YEAR'S SPECIAL

BELLY-SITTING . . .

A New Year's tradition in the South Seas

Cast your peepers on mountainous Mohamed Awang, the proud-as-punch winner of a New Year's event for fatties that's a holiday tradition in the South Seas Isles — belly perching! Mohamad won a local championship staged in Malaysia recently when his son Mohamad Jr. stayed firmly perched on his dad's belly longer than the rest of six other contestants. Mohamad Sr., whose enormous tummy is just shy of five feet around, is hoping that the new sport will catch on everywhere and that someday he'll be able to go for the world title. No one knows the origin of the competition.

Does your mate still love you? You can . . .

KISS 'N' TELL!

By LOU MARTIN
Correspondent

SMOOCHING offers a very accurate barometer of your relationship.

Here's a foolproof way to find out if your mate still adores you this New Year's — ask him or her to give you a smooch.

[redacted] tell you how much your partner really cares, and with a little help from experts, you can learn to size up your relationship by the quality of kisses you get.

There's a right way and a wrong way to kiss, experts say, and the National Marriage Guidance Council of Britain has described them at length in its fascinating guide to smooching [redacted] and Tell.

Smooching can provide an [redacted] barometer to your relationship.

Here's how you [redacted] your romance by its kisses:

● The long, lingering kiss: [redacted] desire and shows you care [redacted] much.

● The peck on the cheek: A light touch on the [redacted] hardly any touch[redacted] shows you don't want to be close [redacted] and are taking [redacted] other for granted. It's [redacted] appropriate for your maiden [redacted] than [redacted] love of your life.

● A nibble on the ear: This is a sexy, intimate way of kissing that's fun and frivolous. It indicates a sense of play and also strong physical attraction.

● Tender kisses on the fingers: This is a very romantic way to show you care. It can be highly erotic and indicates your relationship is close.

● A kiss on the forehead: You're more likely to kiss a child on the forehead than someone you're really in love with. It's patronizing and points to trouble in your love life.

● A kiss on the nose:

This is an affectionate smooch, something couples who are close use to show their love in a fun way. It won't get you steamed up, but it'll make you feel warm inside and it's a [redacted] sign that your love is deep. [redacted]Kissing can be more in-[redacted] than sex, and it tells you a lot about how close you are," observed an expert with [redacted] National Marriage Guidance Council.

"People find it easier to have sex with someone they no longer love than to kiss them."

HOW TO TELL IF YOUR CHILD IS GIFTED

By ELAINE ROBERTS / Correspondent

The new year is a perfect time to find out if your child is gifted!

If a 3-year-old uses a lot of big words and loves to talk to adults, bombarding them with an endless barrage of questions, is the child gifted — or just a pesky show-off?

"Gifted children usually have large vocabularies for their age," says education expert Dr. Harold C. Lyon.

"They have a highly devel-[redacted] generally pro[redacted] people score [redacted] easily."

Here are other clues to help you spot exceptional ability:

● Gifted children are good [redacted] about it. For example, if there's strife between the parents and it's been kept from the child, he or she may still pipe up with the question: "Mommy and Daddy, are you going to get a divorce?"

● Gifted children have a wide range of interests, and a fascination with the unusual.

They love to experiment — to take apart a clock or closely examine a butterfly.

● They [redacted] curb ability for [redacted] Thomas Jefferson's Administration to the Bill Clinton presidency. They probe for the real meaning behind people's actions.

● They also learn to read earlier, often on their own, and they play with words the same way other children play with toys.

● They have exceptionally good memories, and retain a lot of information. They learn basic skills — reading, writing and arithmetic — more quickly than other children.

● Their attention spans and

How to give yourself a $200 beauty treatment — FOR FREE!

Now you can give yourself a $200 beauty treatment at home — for free.

Here, top experts from exclusive salons where a facial, hair treatment and makeup lesson can cost $200 - tell how to give yourself an at-home version of their beauty session

1. Cleanse, massage and mask: $60.

"First give yourself a deep cleansing treatment with your own cleansing cream," said facial expert Doris Baxter.

"Apply it with your fingers, moving always upward to avoid stretching the skin. Remove the cleanser with damp cotton. And if you wear a lot of makeup, cleanse twice."

At the salon, cleansing is followed by a steam treatment which you can do at home.

"Add two tablespoons of tea to a quart of boiling water. Cover your head with a towel and bend over the basin until it cools, then rinse your face with warm water, gently pat it dry and apply a mask."

For a home facial mask for dry skin, mix two egg yolks, one tablespoon of honey, a few drops of olive oil and two vitamin E oil capsules. Leave on for 10 minutes. For normal skin, beat two egg whites, add a few drops of lemon juice and apply for 10 minutes.

For oily skin, mix two beaten egg whites and four tablespoons brewer's yeast, a few drops of lemon juice and some warm milk. Leave it on 15 minutes.

Remove the masks with warm water, graduating to very cold, said Miss Baxter.

2. Hair conditioning: $40. Drying: $10 to $20.

"Just before each shampoo, brush your hair 'through' from the nape of the neck forward toward the face," said Michel Chadia.

"For dry hair, a scalp massage before shampooing is important. Keep your fingers close together and massage the whole scalp in circles in a rotating fashion across your head.

"For every type of hair, we recommend that the final rinse be done with cold water followed with half cup of water mixed with a few drops of lemon juice. It closes the hair cuticles, gives a smoother look and a definite shine."

Miss Baxter recommends air-drying your hair. Blow-drying does add hair.

3. Makeup lesson: $80.

"For evening, use a foundation one shade lighter than you would in the daytime, for a translucent look," suggests makeup artist Byron Barnes.

Great tips let you go from drab to dazzling!

Q-tip, then blend. Trim for a monochromatic, one-tone look. For instance, if I'm using a peach lipstick, I'll use a toning blusher and matching blusher and matching shadow on the eyes.

"If the lipstick is a brown or bronze shade, I'll use similar toning colors on the eyes."

To give your face extra glow, brush a little blusher across the top of your chin and at the temples.

"Never use blue or green eye shadows because they look too hard and kill the natural color of the eyes. Concentrate the dark shades of eye shadow at the outer corner of the eye in a V shape with one leg of the V under the

Python escapes and eats man's kitten!

MUNICH, Germany - Unsuspecting Friedrich Beiser went outside in the middle of the night to see why his dog was barking and spotted a 12-foot python in his backyard -- just as the big snake was gulping down the family cat!

Flabbergasted Friedrich called police, who determined the python

New Year's traditions around the world

Pay all debts on Jan. 1 — or become a slave!

LUZZI, Italy — It's a law that any body who owes someone money in this town has to pay up on New Year's Day — or become that person's slave!

The once-forgotten law was passed in 1820 but city officials have started strictly enforcing it in recent years. By law, one day of being a slave can work off any amount of debt.

Cops in drag terrorize town with water balloons!

ISABEL, Germany — Rowdy bands of men celebrate New Year's Day here by dressing up as women, putting on masks and roaming all over town throwing water balloons at townspeople!

Police learned to put up with the annual drenchings after it was revealed several city policemen participate in the bizarre tradition.

Fatties protest town's mandatory weigh-ins!

ROTORUA, New Zealand — Fat-so citizens are protesting a law requiring each person to get on a scale at City Hall on New Year's Day — and have their weight recorded in an official city registry!

"It's no one's business how much I weigh," pudgy Lina Vixon said. "The city council says it's for my health but I think they're just being nosy."

Convicts allowed out if moms take their place!

JARAMILLO, Argentina — Any inmate in jail here can be set free for 24 hours on New Year's Day if their mother agrees to take their place in the slammer!

"The policy is good for prisoner morale and we've never had anyone take off on us," Warden Luis Opinio said. "When we have their mother behind bars it's a pretty good guarantee they'll come back."

New Year's ghost forces Prime Minister into hiding!

KHARTOUM, Sudan — A ghost that has invaded the palace of Prime Minister Omar Al-Bashir every January 1 since 1991 scared the military leader into leaving the country and going into hiding on Jan. 1 this year, African wire services report.

SANDY BLONDE

Gorgeous blonde Jill Van Ocean has a body that looks perfect in a bikini — so it's no surprise she was one of the top finishers in the International Miss Hawaiian Tropic contest. When the shapely beauty isn't lounging on sandy beaches she works as an actress. She has appeared in the hit movies Miracle Beach and The Marrying Man.

FOLK REMEDIES THAT REALLY WORK!

GREEN vegetables will help sufferers of hay fever — and eating carrots and mild onions will give you a glowing, healthy complexion, says folk medicine expert Dr. Ingrid Sherman.

You don't need fancy specialists and expensive drugs to help you when you're sick — because simple folk remedies will cure what ails you.

That's the amazing conclusion of Dr. Ingrid Sherman, author of a book on folk medicine called *Natural Remedies*.

She says that inexpensive treatments that use common foods and household products will cure nearly every condition known to man.

Common foods and household products that will cure almost everything!

"These simple, natural remedies will contribute toward good health, prevent illness and promote longevity," Dr. Sherman said.

"And no matter how sick or poor you are, you'll be able to benefit from them."

✓ARTHRITIS: Hot and cold water bath for hands and feet twice a day. Add two tablespoons of Epsom salts to the water, and also dip a towel into the hot solution and wrap around aching joints.

✓BEAUTY TREATMENT: Apply a paste mixed from sea salt and water. Let stay on for 15 minutes, then wash off.

✓BLADDER TROUBLE: Drink apple cider or eat plenty of fresh apples.

✓POOR BLOOD CIRCULATION: Put your feet up every so often for better circulation. Do simple exercises and massage feet every so often for one minute. Take vitamin B-12 daily.

✓COMPLEXION: For a glowing healthy complexion eat plenty of carrots and mild onions.

✓CORNS: Apply a slice of fresh lemon overnight, or soak feet for 30 minutes in warm water and cucumber baking soda. The soda dissolves the hard corn.

✓BRUISES: Apply a slice of raw potato.

✓CONSTIPATION: Before going to bed eat six black olives or stewed prunes or eat celery with each meal.

✓FOR DEPRESSION: Smile in front of a mirror and you will overcome your depression.

Your whole inner body will smile with you and all your organs will function properly and give you that happy feeling.

Avoid tranquilizers. Take vitamin B-6.

✓FOR LACK OF ENERGY: Use vitamin D, calcium and vitamin B-6 — they should all be natural vitamins, not the synthetic kind.

For a quick pick-me-up, mix three teaspoons of honey and two tablespoons of apple or lemon juice and drink.

✓HAY FEVER: Drink plenty of lemon juice and eat lots of green vegetables.

Don't eat starchy foods and discontinue milk and milk products.

✓MIGRAINE HEADACHE: Put your thumb against inside palate of upper mouth and press against it.

✓SKIN BLEMISHES AND PIMPLES: Make a paste of brewer's yeast plus water and apply to face.

Keep it on for one hour and wash off with water ... your skin will look great.

✓SPIDER BITE: Apply salt and baking soda mixed with a little cold water.

✓TOOTHACHE: Place a piece of garlic in cavity of tooth, or boil raisin or fig in milk and apply to tooth while hot.

MEDICAL WARNING: Consult your doctor before treating any illness or changing your diet in any way. Minor symptoms might signal the onset of a serious, life threatening condition. Your doctor can tell you for sure.

Improve your life — by NOT using these

Stop using eight words and you'll change your life for the better, says a leading psychiatrist.

The words are: Try, always, never, in, can't, should, everybody and nobody — words loaded with negative emotions and attitudes.

"These words trigger feelings of anxiety, disappointment, hopelessness and depression," said Dr. James Hodge. "Used repeatedly, they program you for failure instead of pleasure and success." Here's why:

☆TRY: This word implies failure. "Don't say 'I will' or 'I'll try' and you'll find you accomplish more."

☆ALWAYS and NEVER: "These two favorite words of 'non-thinkers' signify rigid expectations and leave no room for change," he said. "Substitute words such as 'sometimes' or 'rarely.'"

☆IN: "This word is used to label people and things," he said. "Instead of saying 'Johnny is lazy' or 'Mary is selfish,' he said, "Instead, choose action words that place a time limit on negative descriptions — such as 'Johnny was lazy last week' or 'Mary selfishly ignored my feelings at the party.'"

☆CAN'T: This is a word of denial that leaves you no room to im-

LUNCH HOUR BEAUTY TIPS!

You can give your whole day a lift and look great — simply by fitting some beauty tips into your lunch hour, experts say.

"There are so many things you can do in a midday break, whether you're at home or work," says beauty expert Brenda Longhofer.

Get a pedicure or give yourself one.

"Feet really take a beating, so you would be doing something special for yourself."

● GET YOUR HAIR HIGHLIGHTED. "If you've got light brown hair or any lighter shade, you can get it done in an hour. Hairdressers now have lights that speed up the process."

● GET A HAIRCUT. "You need one every four weeks to keep your hair in perfect shape, so why not use up a lunch hour? Treat yourself to a really good stylist in your local area."

Marylou Block, a former makeup consultant, added these tips:

● GIVE YOURSELF A FA-

CIAL MASK. "The mask draws impurities to the surface of the skin. If you do it consciously, you won't get blackheads, bumps and blemishes.

"Wash your face with a deep penetrating cleanser, apply the mask for 15 or 20 minutes, then rinse it off. While the face is still damp, apply moisturizer or a cream. The slight dampness will take the cream right into your skin and nourish it. Rub the excess off with a dry sponge."

● AT HOME OR WORK, INVITE FRIENDS TO SIT DOWN FOR A ROUND-ROBIN BEAUTY ANALYSIS. "You might say, 'I think you'd look terrific if you plucked your eyebrows, Jane,' or 'What you should really do, Sally, is use less eyeliner.'

"You could ask each other for suggestions with problem hair, skin, nails, etc. Other people can see you much better than you can see yourself."

● ENJOY A RELAXING MASSAGE AT A BEAUTY SALON. Do this if you're having a frantic day or had one the day before.

● HAVE YOUR SKIN ANALYZED. Take your lunch break at a department store cosmetic counter. "It will give you some ideas and you'll have fun. Try two stores to see how the analyses correspond or differ."

New gasoline smells like vanilla

Motorists who turn up their noses at the smell of gasoline will soon be able to fill 'er up with gas that smells as sweet as perfume.

The French oil company Total is already offering vanilla-scented gasoline and diesel fuel that smells like lemons.

And before long, the company will be offering a variety of scents, a spokesman said.

"The idea seems to be catching on in France.

"And once it does it won't be long before Americans are pumping scented gas, too," said an industry spokesman.

OUT OF THIS WORLD

Sassy Sunny Lee Vargo's prize-winning physique took her to the national finals of the Venus Swimwear Covergirl Pageant and won her a featured role on a recent episode of TV's Baywatch. The former Milwaukee, Wis., belle has also worked behind the scenes as a production coordinator and makeup artist.

8 words!

such as, 'How can this be done?'"

☆SHOULD. This can make you feel guilty if there is something you tell yourself you should do but don't. "Do something or don't do it, but forget 'should,'" he said.

☆EVERYBODY and NOBODY

LADY RUNS AROUND NAKED — & NOBODY NOTICES!

HAMBURG, Germany — A shapely lady looking for work as a model has been running around naked all over Germany trying to get discovered — but to her dismay, nobody is paying any attention!

Authorities say the woman, known only as Charlotte, arrived in this country from France two weeks ago. Since then, she's streaked through newspaper offices without a stitch of clothes on.

But so far, no one in the press has even bothered to take her picture.

"She's a very attractive girl, but we're not interested in publishing photos of naked women," said one editor.

How The Lord's Prayer can work miracles for you!

By BEATRICE TORRES / Correspondent

You can bring more love into your life, conquer stress, disappointment, fear, loneliness, anger and hatred in 1995 by using a simple tool — The Lord's Prayer.

The prayer literally can work a miracle in the New Year, say experts in religion and psychology.

"The Lord's Prayer said at least once a day — with new concentration and understanding — will totally revolutionize your life," says pastor and author Dr. John Huffman.

Religious therapist Dr. Dale Ratliff says: "The Lord's Prayer shows us how to rise above it when others harm us.

"I see this prayer giving faith. You can have new faith in yourself. You can cope better. You can survive." When saying the prayer, pause for a few moments to reflect on what the prayer is saying to you, the experts emphasize. Here are selected parts of the prayer, and Dr. Huffman's interpretation of them:

✝**OUR FATHER** — Not my Father but our Father. Mankind is kindred with this Father. We are all brothers in God.

✝**WHO ART** — The same as saying who exists. God exists!

✝**IN HEAVEN** — The place where God exists, a God who is worthy of our adoration.

✝**THY KINGDOM COME** — You are calling upon God to usher in His Kingdom. And you are committing yourself to help.

✝**THY WILL BE DONE** — How can you help do God's will? Do something for somebody every day. Express love to somebody, some way.

✝**GIVE US THIS DAY OUR DAILY BREAD** — You're asking Him to help you help yourself in obtaining the necessities of life.

✝**FORGIVE US OUR TRESPASSES AS WE FORGIVE THOSE WHO TRESPASS AGAINST US** — To those who hurt us, we must respond with love.

✝**AND LEAD US NOT INTO TEMPTATION** — We're asking: "God, help us avoid the temptation to hate, to hurt, to be vindictive."

✝**BUT DELIVER US FROM EVIL** — Any evil — from drinking too much, harboring ill will or just being mean.

Are you in the right job? Take this test to find out!

Is your job the right one for you?

This simple quiz, developed by sociologist Dr. Judith Bates, pinpoints whether your work is tailor-made for you or whether you should move on to a different field.

Select one answer to each question, then add up your score according to the chart at the end and check your score with the analysis.

1. What do you like best about your present job? (A) Money; (B) The work itself; (C) Your colleagues.

2. What do you dislike most about your present job? (A) The money; (B) The work itself; (C) Your boss or management policies.

3. When not on the job, do you: (A) Often; (B) Occasionally; (C) Never . . . talk about your work.

4. At the end of the workday do you generally feel: (A) Tired but satisfied; (B) Worn out and tense; (C) Eager to get out the door and start living.

5. Under which of these circumstances would you consider changing jobs? (A) An offer of more money; (B) A chance for quicker advancement; (C) To try a different field.

6. When you think of retiring, what disturbs you the most? (A) Loss of income; (B) Loss of feeling worthwhile; (C) Loss of contact with colleagues.

7. If you won or inherited a large sum of money, would you: (A) Quit work for good; (B) Try some other type of work; (C) Stay at your present job.

8. When you've called into the boss' office, do you expect to be: (A) Handed out; (B) Complimented; (C) Fired.

9. What does it take to make you skip a day at work? (A) A headache; (B) A family emergency; (C) Feeling too sick to get out of bed.

ANSWERS:

1: (A) 1 point; (B) 3 points; (C) 2 points. 2: (A) 2 points; (B) 1 point; (C) 3 points. 3: (A) 2 points; (B) 1 point; (C) 3 points. 4: (A) 2 points; (B) 1 point; (C) 3 points. 5: (A) 3 points; (B) 2 points; (C) 1 point. 6: (A) 2 points; (B) 3 points; (C) 1 point. 7: (A) 1 point; (B) 2 points; (C) 3 points. 8: (A) 3 points; (B) 2 points; (C) 1 point. 9: (A) 1 point; (B) 2 points; (C) 3 points.

ANALYSIS:

If you scored from 9 to 14 points, your present job provides you very little real satisfaction.

If you scored from 15 to 21 points, you're reasonably happy with your job and have found work that suits you fairly well.

If you scored from 22 to 27 points, you're happy and successful in your current job. You are also deeply involved in your work and you get a high degree of satisfaction from it.

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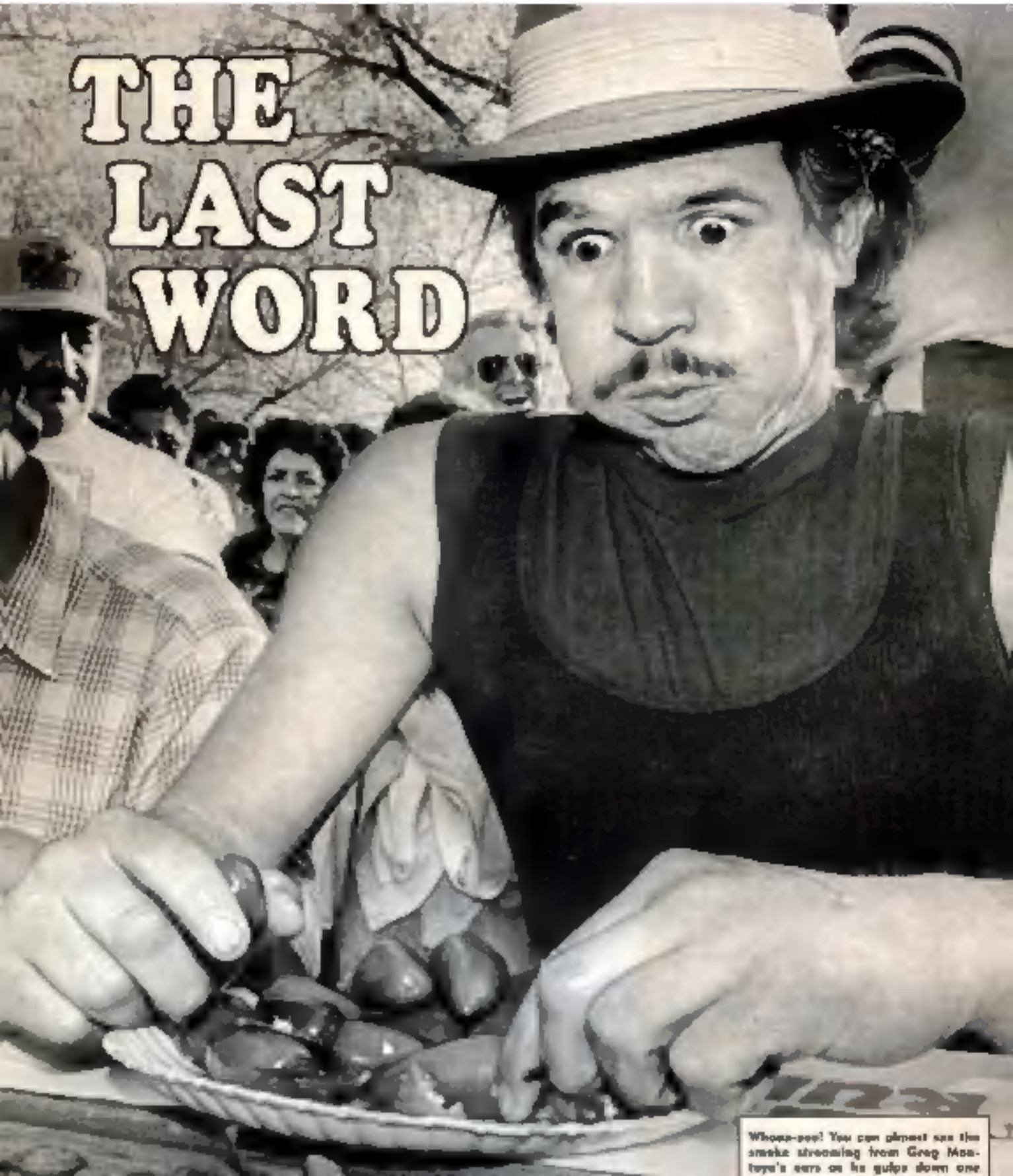
THE LAST WORD
Whoop-pee! You can almost see the smoke streaming from Greg Montoya's ears as he gulps down one

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ARIES

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